

#155
January 2026

The CRAZY WISDOM *Monthly*



WHITE LOTUS FARMS CAFÉ:
BREAD, BEAUTY, AND BELONGING—
Extending the Spirit of the Farm into the Heart of the Community

FIND THE STORY ON
PAGE 6

Shining a light in the dark.



Healing & Ascension Monthlies
with Eve Wilson –
UCM Master Healer

Together we transform the world!

Join International Healer Eve Wilson for six powerful evenings of healing, growth, and ascension. Experience deep transformation, balance, and connection as we uplift our world together.

♥ **6 Monthlies** – 7:30–9:30pm (every 4 weeks, Thursdays) live by teleconference or by MP3 recordings at your own pace.

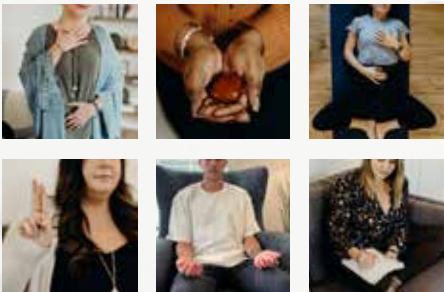
♥ **Cost:** for the series or pay-as-you-go | Sliding scale available

♥ Contact her team at evew@spiritualhealers.com
View all Eve's offering at www.spiritualhealers.com

See Video at <https://www.facebook.com/reel/1367567571609727>



integrative mental health care



offering in-person & virtual mental health care
services for individuals (12+ yrs), couples, and teams

260 S Union St
Plymouth, MI

341 E Main St
Northville, MI

2725 Packard St
Ann Arbor, MI

33515 State St,
Farmington, MI

Contact us & submit a client
inquiry form today:



www.resetbrainandbody.com
info@resetbrainandbody.com
734-531-8563

MIND

Shift Your Lens™: Healing Your Story
Reiki
EFT / Tapping
Vibrational Sound Healing
Art Healing

BODY

BEP Medical Group &
Functional Medicine Doctor
Massage Therapy
Exercise Classes
Food Over Medicine Coaching
Herbal Support

SPIRIT

Pastoral Care
Grief Care
Spiritual Direction
Living RED Healing Ministry
PSKCH-K

Angel Whispers
healing center

It's in the Experience!

A nurturing space
where compassion
meets holistic care.

- Individual Appointments
- Classes
- Workshops
- Retreats

Celebrating National
Women's Day

Join us for our retreat
celebrating women's
health and wellness.

3/8/26, Sunday, 1-5pm

3045 Baker Road
Dexter, MI. 48130
734-808-2222

info@angelwhispers.org
www.angelwhispers.org



THE CRAZY WISDOM SALON SERIES

SAGE WOMEN OF
ANN ARBOR

in conversation with Bill Zirinsky



An Evening with Mary Anne Perrone

March 25th at 7:00 p.m.



Mary Anne Perrone is a Spiritual Guide who gently works with individuals exploring their spiritual lives. "We can all use a soul friend, someone who is willing to go there with us." She has been deeply engaged in social justice activism related to Latin America, and works to support immigrants in the U.S. She spent the earlier years of her exceptional career as an educator, particularly involved in Special Education. She is also a devoted mother and grandmother.

An Evening with Wasantha Young

April 15th at 7:00 p.m

Wasantha Young has been a practitioner and teacher of Tai Chi for more than 50 years, and she also teaches Qigong and Meditation. She started Ann Arbor's Peaceful Dragon School in 1990 and was a founding board member of the Association of Women Martial Arts Instructors. Peaceful Dragon offers programs in the martial arts, but also in meditation, acupuncture, and the healing arts. She is also an accomplished mosaic artist and poet, and she has a master's degree in Transpersonal Psychology.



An Evening with Haju Sunim

April 22 at 7:00 p.m.



Rev. Haju Sunim has been the Resident Priest at the local Zen Buddhist Temple for decades. She was ordained as a Dharma teacher in 1984, and as a Buddhist priest in 1993. She hails from Vancouver, British Columbia. Haju Sunim will talk about the Zen path, the evolution of the Zen Temple over the last 40+ years, and her own life's journey.

All salons take place at the Crazy Wisdom Celestial Lounge and are FREE to attend. For more information, contact Bill at: billz@crazywisdom.net.

ANN ARBOR HOLISTIC RESOURCE GUIDE

Find a practitioner of holistic health, bodymind therapy, Buddhism, personal growth, spiritual development, and much more...



If you are a practitioner or business owner, list your business for free in our online guide!

Healing Awaits at AnnArborHolistic.com

Questions? Email annarborholistic@crazywisdom.net

No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

Copyright © Crazy Wisdom, Inc. January 1, 2026.
Cover illustration, Jennifer Carson.

Thanks to our contributors for this issue:

Katherine Munter
Tchera Niyego
Christine MacIntyre
Peggy Tiver Singer
Hilary Nichols
Heather Pennel
Lisa Viger Gotte
Lynda Gronlund
Kaili Brooks
Stuart Benbow
Jennifer Carson
Tana Dean
Carol Karr
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news announcements, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the
Month

Pyrrhic

Gained at too great a cost.



Contents

issue #155



06

White Lotus Café: Bread, Beauty, and Belonging
BY TCHERA NIYEGO

08

CWJ Book Picks of the Month

10

THE CRAZY WISDOM COMMUNITY CALENDAR
LOCAL EVENTS, CLASSES, WORKSHOPS, AND RETREATS

12

What's New in the Community— Spotlight
BY LYNDA GRONLUND

18

Darkness Doesn't Eat
BY KATHERINE MUNTER

20

The Moon & Me
BY CHRISTINE MACINTYRE

24

A Conversation with Polaris The
"North Star"
BY PEGGY RIVER SINGER

30

Comedian Shelly Smith
BY HILARY NICHOLS

On the Cover

Byron Johnson, White Lotus Farm Manager, Kat Tsomo, White Lotus Cafe Manager, and Trinlé Tsomo, White Lotus Bakery and Cafe Manager. Photo taken by Heather Pennel.

Pick up
the
winter
issue
of The
Journal
now!



The Crazy Wisdom Community Journal

Features

issue
92

• The Schvitz • Stacie Sheldon • Ann Arbor's
Zen Buddhist Temple • Family Grimoires
• hear.say brewing ..and more!

Have the Journal delivered right to your front step!

Click to Subscribe



Michigan's Medicinal Mushrooms:
Therapeutic use & Foraging

An interactive workshop guided by Certified
Michigan Mushroom Expert Tyler Davidson
exploring the healing power of fungi native to
Michigan.

Discover the fascinating world of
Michigan's medicinal mushrooms! This
workshop Upstairs at Crazy Wisdom
Bookstore will explore the different
types of therapeutic fungi, their unique
healing properties, and proper ethical
foraging techniques. This is a hands-on
workshop where you will have the
opportunity to physically see and touch
field samples of every mushroom we
cover. Perfect for seasoned foragers
and curious beginners alike, this is a
unique opportunity to expand your
knowledge of natural remedies and the
wonders of the forest.

Feb. 7th 2026; \$25.00

12:00 pm-1:30 pm

Register by emailing
tyler@eldenmedicinals.org



Crazy Wisdom Bookstore
114 S Main Ann Arbor 48104
crazywisdombookstore.com

WHITE LOTUS FARMS CAFÉ: BREAD, BEAUTY, AND BELONGING— EXTENDING THE SPIRIT OF THE FARM INTO THE HEART OF THE COMMUNITY



By Tchera Niyego • Photos by Heather Pennell

“To affect the quality of the day, that is the highest of arts.”
— Henry David Thoreau

The buzz had been building for months about White Lotus Farms opening a Café, and by the time you’re reading this, it is open.

I visited in September to meet with the farm managers Triné Tsomo, Kat Tsomo, and Byron Johnson, just as the space was coming alive. Sparkling new equipment was arriving, plans for the grand opening were well underway, and the air was electric with excitement. A story was unfolding, and you could sense the joy and dedication that had gone into every decision.

White Lotus Farms itself blossomed as a creative expression rooted in right livelihood, arising from the shared interests and inspirations of a Buddhist community. That spirit still shapes the farm, the food, the relationships, and the atmosphere, carrying seamlessly into this new venture.

“We hope our practice translates into the high quality of the business,” Triné shared. “It is linked with everything we do; It is how we treat people, the environment we create, and the kind of place this becomes—for both guests and employees. There’s a concept of a “third place” where it’s not home, not work, but a place where people feel good, and part of a communal gathering. That is the vibe that we’re hoping to create here.”

“People love coming out to the farm, but we can’t be open five days a week there. Now we can offer something all week.” — Triné Tsomo

“People love coming out to the farm, but we can’t be open five days a week there,” Triné continued. “Now we can offer something all week. On Saturdays, our customers often head to the downtown Ann Arbor farmers’ market and then

Left to Right: Byron Johnson, Farm Manager, Kat Tsomo, Cafe Manager, and Triné Tsomo, Bakery and Cafe Manager



I visited in September to meet with the farm managers Triné Tsomo, Kat Tsomo, and Byron Johnson, just as the space was coming alive. Sparkling new equipment was arriving, plans for the grand opening were well underway, and the air was electric with excitement.

still drive out to the farm to spend the afternoon. It's such a beautiful place to simply be. It's an experience that goes beyond just buying food. The Café extends that experience, and with the farm only five minutes down the road, this location is just perfect."

Kat added, "Our hours will be 7 a.m. to 7 p.m., Tuesday through Saturday. We'll start with espresso, pastries, and breakfast, then lunch for the nearby neighborhoods and shops, and early dinners or take-home meals. It's more convenience, more days of the week, and a cozy spot in the winter months. We want it to carry the same experience as coming to the farm—a place to relax, enjoy, and eat really good food."

Accessibility is part of the mission. "Here in Scio, there aren't many options for fresh local food," Trinlé noted. "It's mostly fast-food chains and big groceries. With so many new housing developments, we hope to become a real destination and a source for fresh, local artisan products."

Byron reflected on the location in broader terms: "We're keeping the link to this being a historically agricultural area by having a storefront connected to a working farm just a couple of miles away."

Poet Gary Snyder once remarked during a reading at the farm, that lotuses are not native to this region, yet lotus phenomena have begun appearing everywhere—including actual blossoms on the farmland—offering an apt symbol of White Lotus Farms' growth, resilience, and blossoming creativity.

Kat recalled the early days. "We started in 2007 as Wishing Tree Gardens, mostly composting [food waste] with Ann Arbor businesses. Then we began growing produce and donating all of it to Food Gatherers. At the time, their food and faith program only got canned goods from church drives, and they weren't receiving much fresh food. Our first farm cart was just a roadside stand—no advertising, just produce. Around then, I was working at Zingerman's deli making coffee, and taking small business management classes, while Trinlé was at the Bakehouse."

"Later I worked at Café Japon," Trinlé said. "A French-Japanese bakery by Miyoko Honma, where I learned croissants. At home, I built a wood-fired oven in our backyard and started baking bread—about 20 loaves a week—which we sold at the farm cart. Around 2009 we officially became White Lotus Farms. I traveled around the country to visit bakeries and learn from them. Soon after, we opened our own bakery, and a year later we started our creamery."

The spirit of learning and teaching continues. "We're always researching and following what others are doing," Kat said. "New food entrepreneurs in Michigan often come to see our setup. Our [Washtenaw County] health inspector sends them our way."

Trinlé added, "Over the years I've trained a lot of bakers. Kat has focused on cheese, I've focused on bread and pastries, and the farm has expanded in many directions. But it's very hard to have a successful farm just on produce without growing huge, so we've had to diversify."

Kat agreed. "The evolution of the farm, the produce aspect, has gone through many phases, expanding with different vegetables, then cutting back to focus on microgreens. Now we're building a salad brand that Byron is leading."

"We've gone through a lot of iterations," Trinlé said. "We once ran a CSA and sold wholesale to restaurants, like Jolly Pumpkin and other locals, but it wasn't sustainable. We realized we wanted to keep things creative and personal, selling face-to-face at farmers' markets. Even as we tried other things, we always came back to that. That's been our foundation for almost 15 years now—Eastern Market, Ann Arbor Farmers' Market, and the farm cart. The Café is a natural extension—it's still us, still face-to-face, but in a new form."

Part of what prompted White Lotus Farms to expand was necessity: the bakery had reached capacity. "We couldn't make more bread in the space we had," Kat explained. "It was either expand the bakery or open a second location. A café had been a long-term goal from the start, so this was the right moment."

"This Café will be like the farm cart, but more abundant," Trinlé said. "We'll have pizza with seasonal toppings, artisanal breads and cheeses, produce, microgreens, salads, pasta, our staple sandwiches, and of course, croissants, and espresso—plus partnerships with other Michigan producers, just like at the farm."

Byron added, "We'll have more space than at farmers' markets, so we can offer a broader range—almost like a small grocery, but centered on fresh, local foods."

And it's not only about the food. "The aesthetic presentation of this space is important to us," Byron continued. "It's about hospitality, the human connection, and the visual atmosphere. Nothing can be left out—it's a whole vision."



Read the rest of the article online!

The world needs men who are fiercely self-aware, tough and nurturing, powerful and compassionate – men of integrity, driven by purpose.
It's time to be that man.

It's time to step beyond what's holding you back.
RISK IT. This 48 hour hero's journey will fundamentally transform how it feels to be a man. It will impact how you relate to every person and situation you encounter.

ManKindProject
All Men Are Welcome

April 17-19, 2026
Holly, MI

NewWarriorTraining.org
DiscoverMKP@gmail.com
734-215-7408

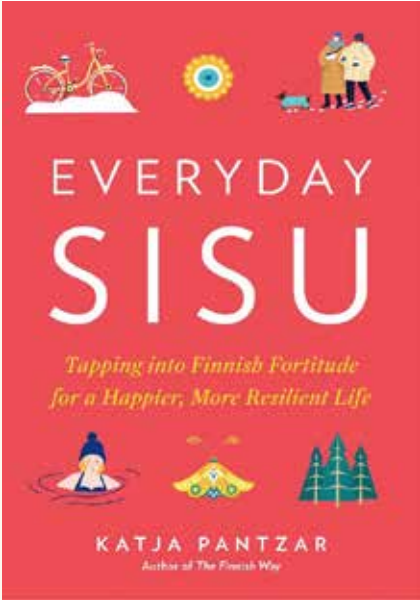
 Sponsored by the Mankind Project USA, a 501(c)(3) nonprofit, not affiliated with any religious practice or political party.

BE THE MAN YOU WANT TO BE

THE NEW WARRIOR
TRAINING ADVENTURE
LIVE THE ADVENTURE

CW Book Picks

of the month



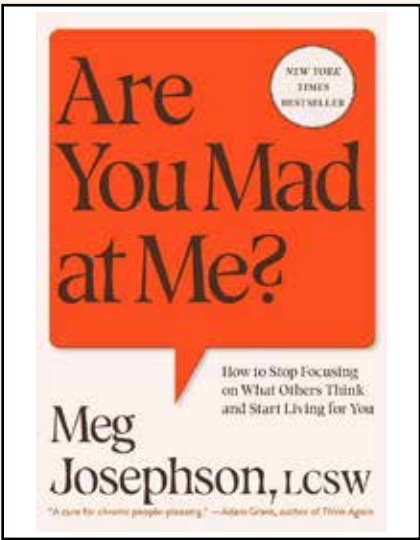
Discover how the happiest people on earth survive—and thrive—through tough times using inner strength and courage.

Sisu is a powerful mindset that makes Finland one of the happiest countries in the world, despite long winters, social isolation, and a history of challenging times.

In Everyday Sisu, journalist Katja Pantzar explores the simple practices that make Finnish life so stable, sustainable, and healthy for body and mind, even when life doesn’t go as planned. You’ll discover ways to boost your mental and physical resilience to face life’s challenges head-on, including:

- connecting with nature
- strengthening community
- using what you have
- reframing what you can’t control
- adopting a solutions mindset
- finding strength in the struggle

Featuring insights from Finnish experts in mental health, wellness, sustainability, social justice, and more, this practical and empowering guide presents a road map for overcoming what you thought you couldn’t—and finding hope and tools to create a brighter way forward.



From psychotherapist and social media star Meg Josephson, a groundbreaking “cure for chronic people-pleasing” that explores the common survival instinct called fawning and offers “explanations, comfort, and best of all, solutions.”

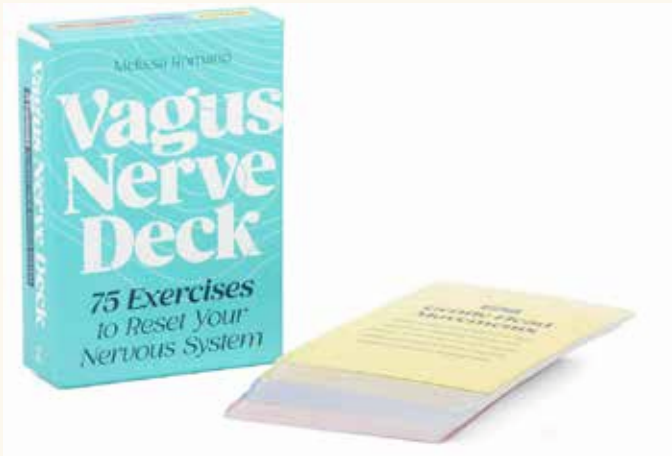
Psychotherapist Meg Josephson is here to show you that people-pleasing is not a personality trait. It’s a common survival mechanism known as “fawning”: an instinct often learned in childhood to become more appealing to a perceived threat in order to feel safe. Yet many people are stuck in this way of being for their whole lives. Are You Mad at Me? weaves Josephson’s own moving story with that of fascinating client stories and thought-provoking exercises to show you how to:

- Identify all the roles you might play—from peacekeeper to performer to caretaker to lone wolf to perfectionist to chameleon—that keep you far from yourself.
- Stop fearing your thoughts and emotions, even if they’re unpleasant.
- Rethink conflict and boundaries as an opening for deeper connection.
- Practice “leaning back” in relationships.
- Recognize when people-pleasing is actually necessary (with your chaotic boss) and when it’s not (with your close

friends) and stop self-loathing when you slip into old patterns.

- Shift away from the familiar chaos, anxiety, and resentment you’re used to as you move closer to yourself and a life that no longer depletes you—but brings you joy.

With Josephson’s “lucid prose and smart mix of clinical expertise, personal disclosure, and pertinent case studies” (Publishers Weekly), Are You Mad at Me? will help you shed the behaviors that are keeping you stuck in the past so that you can live in your most authentic present.



A deck with 75 accessible exercises for toning the vagus nerve to manage symptoms related to stress, anxiety, depression, chronic pain, and auto-immune discomfort. Informed by polyvagal theory, these exercises focus on creating a sense of calm, vitality, and connection—inspiring a deeper feeling of safety while activating the body’s natural ability to restore balance.

The vagus nerve, often called the “soul nerve,” plays a special role in our autonomic nervous system (ANS). The ANS regulates many bodily processes, including our stress response. When we encounter an external threat, our stress response kicks in, triggering a cascade of physiological changes to help us adapt and protect ourselves. Like a helpful friend, the vagus nerve steps in to restore balance. It exerts anti-inflammatory effects, promotes relaxation, and supports immune system regulation. With the exercises in Vagus Nerve Deck, you’ll learn to harness this power and foster resilience in the face of life’s challenges

ROO?ROAST COFFEE

Try the famous RoosRoast breakfast burritos! & try the sauce!

liberty cafe
117 E. Liberty St.

rosewood cafe
1155 Rosewood St.

farmer's market
315 Detroit St.

shop online
roosroast.com

Deep Local.

Local honey from local bees

Local milk from local cows

Ann Arbor.

Bring your own cup & save 50¢

We love that journey for you!

Yearly Programming

Where Accessibility, Inclusivity, and Farm Animals meet. Your PROGRAM for social, emotional, and mental health experiential learning. We specialize in the neurodiverse population like ADHD and ASD.

Summer Camps
Individual Classes
Group Classes
Adult Silent Book Club
Adults & Kids WELCOME

www.hhooves.com
crystal@hhooves.com • text 734-546-6039

Chrysalis Holistics

Julie Burbey RN, BSN
Owner & Certified Practitioner

Located in Taylor, MI

- Reiki
- Access Bars®
- Access Body Processes®
- Tarot Readings
- Crystal Healings
- & More

Call or Text: 480-518-1181
Julie@Chrysalis-Holistics.com
IG: Chrysalis_Holistics
<https://Chrysalis-Holistics.com>



HELPING BRING BALANCE TO YOUR FINANCIAL LIFE



Sam Maness, CFP®
Financial Advisor
Sam.Paul.Maness@raymondjames.com

Jason Coleman, CIMA®
Financial Advisor
Jason.Coleman@raymondjames.com

Emily Rice
Relationship Manager
Emily.Rice@raymondjames.com

Joelle Emery
Branch Associate
Joelle.Emery@raymondjames.com

Justin Rice
Investment Manager
Justin.Rice@raymondjames.com

315 E Eisenhower Parkway
Suite 301
Ann Arbor, MI 48108

Phone: 734-944-7556

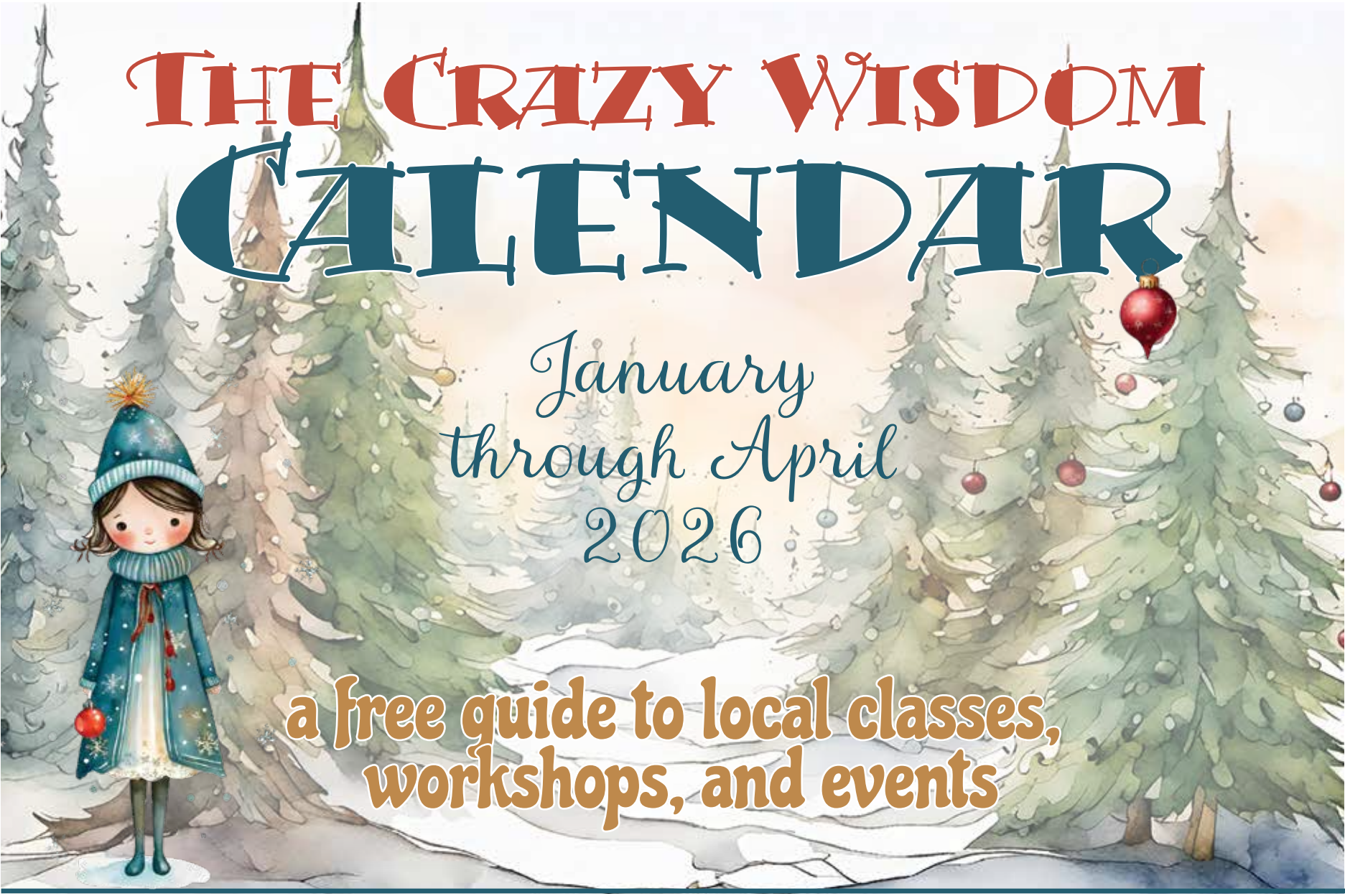
Fax: 734-661-1314

For all of us, time marches on.
You may have been managing your finances successfully for many years.
You may still feel you can manage the funds but would like some oversight to help you out as things change.
Perhaps you want someone who will listen, take good care of you, and not push you into the product of the day.
Check with us to discuss how our services might help to reduce your stress at a very reasonable cost.

Independent Local Thoughtful Advice

Securities offered through Raymond James Financial Services, Inc. member FINRA/SIPC. McLaren Wealth Strategies is not a registered broker/dealer and is independent of Raymond James Financial Services. Investment Advisory Services offered through Raymond James Financial Services Advisors, Inc.

www.McLarenWealth.com



Calendar edited by Kaili Brooks

A Course in Miracles

“A Course in Miracles” Study Group with Rev. David Bell & Randall Counts • Ongoing Mondays from 6:45 to 8:00 p.m. OR Thursdays from 7:30 to 8:30 p.m. • Practical application of course principles to daily life. Additional, supporting works are also presented and discussed. Text and study materials are included. FREE, donations welcome. For more information visit interfaithspirit.org.

Animals and Pets

Holistic Pet Care with Mary Light • Saturday, March 28 • 9:15 a.m. to 4:00 p.m. • Mary will discuss and demonstrate how to administer topical and ingested herbal formulations and the reasons for each. We will make in class, two different commonly useful therapeutics to take home and have on hand along with that which is needed to administer. We will also learn how to palpate and observe and assess pets. \$200; includes formulas. For more information contact Mary at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Telepathic Animal Communication with Judy Liu Ramsey • Saturday, February 28 & Sunday, March 1 • 9:00 a.m. to 5:00 p.m. • Learn to communicate with animals the way they communicate with each other. Using all your senses, open to your intuitive, playful perceptions through exercises that will support your opening safely and comfortably. Pre-requisite: Read Animal Talk, by Penelope Smith. The class is taught via Zoom. \$180/\$90 for repeating students. For more information contact Judy at info@judynamsey.net or visit judynamsey.net.

Art and Craft

Rock Your Intentions with Jen Kramer & SEL ROCKS • Monday, January 12 • 3:30 to 5:00 p.m. • Start the year with intention and awareness. Create a personal “Work of Art” stone that reflects your 2026 goals and inner gem. A mindful workshop to inspire clarity, creativity, and purpose. \$35. For more information contact Jen at (810) 772-1852, visit selrocks.com, or angelwhispers.org.

Westside Art Hop Call for Artists with Sophie Grillet • Sunday, February 1 through Monday, March 16 • Are you an artist who would like to be part of the 2026 Westside Art Hop? If you’ve done a hundred art fairs or zero art fairs, we would love to hear from you! Applications are open for Ann Arbor’s quirkiest and highly accessible art fair from February 1 through March 8. \$18. For more information contact info@westsidearthop.com or visit westsidearthop.com.

Rock Solid Love: Connecting the Gem Within with Jen Kramer & SEL ROCKS • Monday, February 9 • 3:30 to 5:00 p.m. • Celebrate love and connection by creating a heart-shaped pebble canvas. Explore self-love, meaningful relationships, and the wisdom of the heart while making art that radiates kindness and connection. \$40. For more information contact Jen at (810) 772-1852, or visit selrocks.com or angelwhispers.org.

Illustrating and Writing for Children’s Books with Jennifer Carson & Whitepine Studios • Monday, March 2, 9, 16, & 23, April 6 & 13 • 6 to 8:00 p.m. • Course is designed to guide you through creating a children’s story, from concept to illustrated page! You’ll learn the fundamentals of writing engaging stories and receive supportive peer and instructor feedback to help refine your ideas and strengthen your writing voice. You’ll also learn to create simple illustrations that complement your story. \$150. For more information contact Joanne at (734) 330-2079 or email joanne@whitepinestudios.org.

Polish & Shine: Rocks of Renewal with Jen Kramer & SEL Rocks • Monday, March 9 • 3:30 to 9:00 p.m. • Embrace renewal as spring approaches! Polish, shine, and decorate river rocks while exploring themes of growth, reflection, and self-care. Leave feeling refreshed, grounded, and shining from the inside out. \$35. For more information contact Jen at (810) 772-1852, visit selrocks.com, or angelwhispers.org.

Castle Remedies

Established 1984

10% Senior Discount on Tuesdays!

Your trusted source for 3rd party tested nutritional supplements, herbs, homeopathic remedies, flower essences and essential oils

Save **\$10** on our Intro to Homeopathy class with code **CRAZYWISDOM**

2345 South Huron Pkwy, Ann Arbor • CastleRemedies.com

The Art, Science & Reciprocity of EcoCreativity with Robin Lily Goldberg • Monday, March 9, 16, & 23 • 6 to 7:00 p.m. • This interdisciplinary series illustrates how meaningful poems, stories, and paintings can emerge through co-creating with the Earth. We'll draw inspiration from visionary writers and artists to experience the regenerative benefits of collaborating with our environments. Everyone has creative capacities within, and everyone is welcome. \$32. For more information contact Robin Lily at robinlily@reciprocalripples.earth or visit reciprocalripples.earth.

Our Earth Rocks: Love, Care & Connection with Jen Kramer & SEL ROCKS • Monday, April 13 • 3:30 to 5:00 p.m. • Honor Earth Day with creativity and purpose. Paint rocks that inspire love for our planet and learn simple ways to care for the Earth. A workshop filled with art, awareness, and positive impact. \$35. For more information contact Jen at (810) 772-1852, visit selrocks.com, or angelwhispers.org.

Ayurveda

Learn to Nourish Yourself with Laurie Dean • Wednesday, January 21 • Noon to 2:00 p.m. • Join Laurie as she takes us through preparing a simple vegetarian soup, using delicious immune and digestive boosting spices that are integral to Ayurvedic cooking. Learn more about the health benefits of spices, the why of seasonal choices, the importance of incorporating six tastes in your foods. \$35; early bird \$30 if you book by January 14. For more information contact Joanna at Imagine Fitness and Yoga at (734)622-8119 or email imagine@imaginefitnessandyoga.com.

Bodywork and Bodymind Therapies

Qigong for Nervous System Regulation with Cyrus Scholl • Wednesday, January 14 • 7 to 9:00 p.m. • Master basic techniques to help regulate your nervous system with the ancient medicine of qigong. We'll move, stretch, breathe, and learn about why these practices work from a poly-vagal perspective. \$35. For more information contact info@angelwhispers.org or visit angelwhispers.org.

Reflexology for Psychedelic Support: A Hands-On Training for Facilitators with Martha Richards • Sunday, January 25 • 11:30 a.m. to 4:00 p.m. • Learn intuitive reflexology for supporting clients in altered states. Explore key foot points, chakra-informed holds, and gentle grounding touch. Perfect for facilitators wanting simple, non-intrusive ways to help clients move through emotional or somatic intensity without formal reflexology training. \$350; Early bird special before December 20th: \$300 (\$50 off). For more information contact Martha at (734) 219-3606 or email bodytruthhealing.com.

Book Discussion Groups

Spiritual Book Study with Sunny Johnson-Lemieux • Ongoing Wednesdays • 6:30 to 7:30 p.m. • Join our weekly online book study, currently reading *The Second Coming of Christ* by Paramahansa Yogananda. Each session includes a brief meditation, prayer, shared reading, and uplifting discussion. All are welcome at any point. The format encourages positive, focused sharing and a supportive space for spiritual growth. FREE. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org

10 to 25: The Science of Motivating Young People: A Groundbreaking Approach to Leading the Next Generation—And Making Your Own Life Easier by David Yeager, PhD with Leanne Fu • Saturday, April 11 • 1:30 to 2:30 p.m. • 10-to-25-year-olds are wired to prioritize seeking respect. What can be transformed when we work with that instead of against it—pairing high standards with effective support that lets them earn respect through real contribution? How can Teddy Bear Talk Support come in to help young people thrive? FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, January 4, 18, & 25, February 1, 15, & 22, March 1, 15, & 22, April 5, 19, & 26 • 6 to 7:30 p.m. • A group session of gentle, energizing breathing with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of breath energy and non-ordinary states. 1st and 3rd Sundays in Ann Arbor, 4th Sundays in Ypsilanti. FREE, donations welcome. For more information visit thisbreath.com.

Buddhism

Sunday Service with Temple Clergy • Ongoing Sundays • 10 to 11:30 a.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Ongoing Sundays • 11:00 a.m. to 1:15 p.m. • Join Demo

Resources for Conscious Living

NORTHERN SKY AND BEYOND, LLC
Astrology with Alice

Charts • Readings • Star DNA

www.northernskyandbeyond.com
info@northernskyandbeyond.com
734.892.8809

 **Learn How to Have More Fun with Your Dog!**

20% off your first Puppy or Basic Dog class Through December 2024. Code CWJ24

Positive Reinforcement-Based Puppy and Adult Dog Classes
Whitmore Lake, MI
Professional Instructors
Puppy • Life Skills • Scent • Agility • Tricks
Rally-FrEe • Distracted & Reactive Dogs
Freestyle • Cooperative Care

K9Translations.com • info@k9translations.com
(248)496-3582


YULIYA'S NATURALS

Herbal Apothecary

Connecting People With Plants

Call/Text: 734-624-9494
Email: healingwithyuliya@gmail.com
www.yuliyasnaturals.com




CHÉRIE ANN McMULLEN

Holistic Health Practitioner

Nutritional Consultations
Vitamins/Herbs/Homeopathy

734-355-5369
2223Cherieann@gmail.com



THE CRAZY WISDOM CALENDAR



Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

ever-Ending Lamp of Liberation: A Lam Rim Master Class with Demo Rinpoche • Ongoing Tuesdays • 7 to 8:30 p.m. • In Tibetan, Lam Rim means the Stages of the Path and concisely presents the Tibetan Buddhist path in logical steps that can be learned by the practitioner. With Rinpoche's special guidance, the Lam Rim can help us develop a stable mind committed to enlightenment. No charge for Jewel Heart members / \$100 for non-members who are registering for the first time. Give what you can; no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Nagarjuna's Precious Garland of Advice to a King with Demo Rinpoche • Ongoing Thursdays • 7 to 8:30 p.m. • In his Precious Garland, Nagarjuna offers sound advice on how to gain happiness in this life, individually and as a society. He then expands the scope to include happiness in future lives and attaining enlightenment through practical ethics, great compassion and the wisdom of emptiness. Note: This program continues previous Precious Garland events. \$65 Jewel Heart members/\$75 Jewel Heart non-members. Pay what you can; no one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Dexter Sangha with Whitney Prince • Ongoing Fridays • 9 to 9:50 a.m. • Open to all, these weekly drop-in sessions include a short talk, meditation, and opportunities for sharing, emphasizing the Buddha's approach (Early Buddhism tradition) to liberation from suffering. They are a wonderful way to explore and deepen our meditation practice in community and appropriate for meditators of all levels. \$5 suggested donation. For more information visit veraposeyoga.com.

Visitor's Program and Residential Opportunities with Maum Gloria Cox • Dates to Be Discussed with Inquirers • The Visitor's Program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. Cost varies depending on length of stay. For more information contact Maum Gloria at maum1952@gmail.com.

New Year's Day Service with Temple Clergy • Thursday, January 1 • 11:30 a.m. to 1:00 p.m. • Come join us as we begin the new year with meditation, contemplation, chanting, and resolutions. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

Gampopa's "Jewel Ornament of Liberation" with Khenpo Tshering Chopel • Saturday, January 10 & 17, February 7 & 21, March 7 & 21, April 4 & 18 • Noon to 1:00 p.m. • Gampopa's "Jewel Ornament of Liberation" is a comprehensive explanation of the Buddhist path, including such key topics as Buddha nature, impermanence, karma, and the cultivation of bodhicitta: selfless compassion for all beings. Each session we discuss a new chapter, with commentary by Khenpo Chopel. FREE, donations welcome. For more information contact Lama Nancy (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Introduction to Buddhist Teachings and Meditation with Whitney Price • Tuesday, January 6, 13, 20, & 27, February 3, 10, 17, & 24 • 11:15 a.m. to 12:30 p.m. • Focused on the key components of the Buddha's approach to liberation from suffering, this course will set participants on a path of transformation and greater peace. Based in the "early Buddhism" tradition, it is appropriate for both beginning meditators and individuals with some meditation experience seeking to nurture their practice. Standard fee: \$104 for 8 classes; before December 30, \$96. Verapose Yoga students: \$96 for 8 classes; before December 30, \$88. Drop-ins: \$15 per class. For more information, contact Whitney at wprice@me.com or visit veraposeyoga.com.

Life and Teachings of the 5th Dalai Lama with Glenn Mullin • Saturday, January 10, 17, & 24 • 10:00 a.m. to 1:00 p.m. • This three-part series looks at three aspects of the Great Fifth's life and teachings: Outer, Inner, and Secret. All three sessions place the emphasis that the Great Fifth placed on the idea of "Easy Enlightenment"—bridging the chasms of samsara and non-being, indulgence, and restraint. Online only. \$160 Jewel Heart Members/\$180 Non-Members. Pay what you can—no one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Family Services with Temple Clergy • Sunday, January 11, February 8, March 8, & April 12 • 9:45 to 11:30 a.m. • Family Services with age-appropriate groups are being offered the second Sunday of the month, for toddlers through high school. Program includes music, activities, and dharma lessons from qualified instructors. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

Mindfulness and Equanimity: A Path to Peace with Dawn Scott • Sunday, January 11 • 10 to 11:30 a.m. • Sunday morning dharma talk. Through the practices of mindfulness and equanimity the heart discovers a capacity for steadiness and love, which allow us to stay open to the challenges of our times without being broken by them. Presented on Zoom. FREE, donations welcome. For more information contact Still Mountain Buddhist Meditation Center at retreats@stillmountainmeditation.org or visit stillmountainmeditation.org.

World Peace Chanting Service with Temple Clergy • Thursday, January 22 • 10 to 11:30 a.m. • A kido chanting and purification service for repentance, peace of the world, and happiness for all beings. Open to all. Donation based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

Buddha's Enlightenment Sitting with Temple Clergy • Friday, January 23 at 8 p.m. through Saturday, January 24 at 4:00 a.m. • Come and meditate to awaken to your true nature, inspired by Shakyamuni Buddha who sat under the Bodhi tree and came to freedom. Sit from 8 to 10 p.m. and/or 10 p.m. to midnight. After midnight, please stay until 4a.m. Bring an offering of flowers, fruit, candles, nuts, incense, dried fruit, or money for the altar. Everyone is welcome. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

CHANGE STARTS HERE

Having a teacher and community to support spiritual growth is a critical aspect of personal transformation.



DEMO RINPOCHE - Spiritual Director
Recognized by His Holiness the 14th Dalai Lama as the 11th holder of the Demo Tulku Lineage

- FREE WEEKLY TALKS & MEDITATION • RETREATS
- SEMINARS • INITIATIONS • PILGRIMAGES
- VISITING LAMAS including Tokden Rinpoche
Dagyab Rinpoche, Geshe Yeshe Thabkhe
- GUESTS including Thubten Chodron, Glenn Mullin
Robert Thurman, Guy Newland, Joseph Loizzo

STUDY. PRACTICE. CONNECT.



Jewel Heart Website



JEWEL HEART
TIBETAN BUDDHIST LEARNING CENTER
Founded 1988



THE GELEK RINPOCHE ARCHIVE
Gelekrinpoche.org

What's New in the Community

SPOTLIGHT!

By Lynda Gronlund

In the year since opening their new Dexter location in November of 2024, Angel Whispers Healing Center has grown, evolved, and added a variety of new services and practitioners.



Co-founders Vicky Lovell and Danielle Groth continue to offer their core services: Reiki, Clinical EFT, Vibrational Sound Healing, Grief Care, and Pastoral Care, along with their signature modality, Shift Your Lens: Healing Your Stories. Dan McConnell, an original member of the Angel Whispers Collective, offers spiritual direction and exploration under the business name Spirit Listening.

New to the Collective are Nichole Jensen-Lillie of Hand and Heartwork, massage therapist Michelle Chute of Second Hands Healing, holistic health coach Barbara Bowman of Health Yourself Well, Jen Kramer of SEL Rocks, Jodie Hastings, MS, CCC-SLP, LLC of Dexter Speech Therapy, Dr. Marcie Bockbader, MD of BEP Medical Group, N.C. Clair, CF, M.S. of Soul Care, and Qigong teacher Cyrus Scholl.

Jensen-Lillie serves as the new coordinator for the space and teaches herbs and plants. Chute specializes in therapeutic and grief-focused bodywork, integrating aromatherapy and craniosacral therapy to support deep restoration. Bowman teaches practical, cost-effective approaches to those who are wellness-centered on nutritious food, movement, and mindset. Kramer blends life coaching, creative rock painting experiences, social-emotional learning, and community programs to help people connect to their "gem within" and live with greater purpose and connection. Hastings treats preschool and elementary school age children with articulation, phonological, and language disorders. Bockbader, along with a team of clinicians, uses a range of advanced technologies and holistic treatment modalities to support the whole person in body, mind, spirit, and lifestyle. Clair supports clients in discovering post-traumatic growth as they navigate experiences of loss, grief, and religious trauma. Scholl is a somatic coach and trauma care practitioner who offers a comprehensive approach to relaxation techniques and the cultivation of a strong mind-body connection through the use of Qigong. Together, these practitioners create an integrated environment where clients can explore physical health, emotional health, and spiritual well-being in one collaborative space.

The Center offers a range of workshops, classes, and retreats designed to nurture creativity, support healing, and encourage mindful movement. Many workshops and classes such as AA meetings, meditation sits, prayer and intentions circles, grief support groups, and spiritual book discussion groups are offered for free, as Angel Whispers is a 501c3 nonprofit organization focused on giving back to the community. Free classes and workshops are also often a way for people to discover the practitioners and perhaps choose to use paid services, helping sustain the practitioners and the space.

Upcoming classes and retreats include: a six-week Healing Your Grief program using Lovell and Groth's Shift Your Lens framework; a Shift Your Lens Heal Your Story Retreat, Herbal Spotlight: a monthly class highlighting the healing power of plants and more. Event dates and details are available at the Center's website, and in *The Crazy Wisdom Community Journal* calendar listings section.

Angel Whispers Healing Center is located at 3045 Baker Road, Dexter, MI 48130. Danielle Groth can be reached at (734) 604-6938, email at info@angelwhispers.org. Learn more by visiting angelwhispers.org.

Resources for Conscious Living



Beth's Bodyworks



Craniosacral Therapy RCST Deep Tissue Massage Therapy LMT

Continuing Lynda Diane Feldt's work Mama's babies and all!
30 years of experience, referred by UM Doctors.
For Free Consultations and Bookings call or text

734 707 3706

Bethsbodywork.com



Living Soil Services

Cultivate Resilience

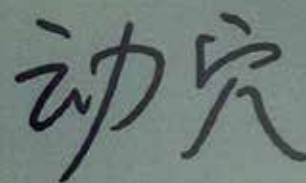
- Improve water & nutrient retention
- Boost nutrient cycling
- Protection from pests & disease
- Higher yields with less input
- Suppress weeds naturally
- Capture & store carbon
- Increased bio-diversity
- Eliminate chemicals



Soil Microbiology Management Support for all types of growers.



2350
Washtenaw
Ave.
Suite 10
Ann Arbor, MI



(734) 215-5151
[henry@
dynamicpoints
.com](mailto:henry@dynamicpoints.com)

Dynamic Points Acupuncture

Henry A. Buchtel, L.Ac.

www.dynamicpoints.com

Spiritual Place Healing

Rowena
Conahan

Naturespeak.life



Heart to Heart

Shamanic Healing

Animal Communication

Judy Liu Ramsey

Certified Animal Chaplain, Interspecies Counselor, Shamanic Practitioner

for information or appointment, contact: info@judynamsey.net
Website <https://JudyRamsey.net>

- *Shamanic healing for people & animals
- *Support for life changes, loss & grief
- *Support for healing trauma & PTSD
- *Classes in shamanic practice & animal communication
- *Ceremony for clearing, healing, bonding



THE CRAZY WISDOM

CALENDAR

Buddhism continued...

Earth Day Celebration with Temple Clergy • Sunday, April 26 • 10 to 11:30 a.m. • This annual observance commemorates the 1970 birth of the modern environmental movement. We honor the gifts of mother earth and pledge ourselves to the principle of non-harming. Following the service there will be an outdoor celebration and garden planting. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

Cannabis/Medical Marijuana

Grow Your Own Workshop with Robbin Pott • Tuesday, April 28 • 6:30 to 8:30 p.m. • Grow Your Own Workshop empowers participants to confidently cultivate cannabis at home using regenerative methods. Over six virtual sessions, Robbin Pott provides guidance through every stage of outdoor growing. Growing your own is a fun, affordable way to ensure you are getting quality flower, and it's completely legal in Michigan. 6-month session begins in April. Sliding scale \$250 - \$750. For more information visit pottfarms.com.

Ceremonies, Celebrations, and Rituals

Chalice Temple with Mara Evenstar • Sunday, January 11, February 8, March 8, & April 12 • 11:00 a.m. to 12:30 p.m. • At its heart, Chalice Temple is a space of renewal. Designed as a touchstone for the world-weary, it offers an invitation to connect more deeply with yourself, other like-hearted souls, and the Divine. Whether you are new on the path of awakening or returning, you are met where you are and invited to drink deeply. \$333 prorated based on enrollment date. For more information visit maraevenstar.net.

Spring Equinox with Esther Kennedy • Sunday, March 22 • 3:30 to 4:30 p.m. • Celebrate the awakening. Breathe the freshness of the Earth. Share a song, a story or, perhaps, a treat to share. FREE, open to all. Registration not required. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Inai at Madden • Sunday, April 12 • 1 to 3:00 p.m. • Join us as we open a new art gallery on the Motherhouse Campus: Inai at Madden. FREE. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Channeling

Remembering Wholeness: Darshan with Barbara Brodsky & The Mother • Sunday, January 11, February 15, March 22, & April 26 • 2 to 5:00 p.m. • Darshan with The Mother offers loving guidance to support your journey. The Mother speaks both personally and collectively, addressing where we may feel stuck and helping release what no longer serves. With support from Aaron and Yeshua, she shares messages of wholeness, always holding each being in a container of deep, unconditional love and compassion. Suggested Donation: All-\$50-\$140; Single: \$10-\$30. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

A Live Channeled Discussion with Spirit: Living in a Stressful World with More Ease and Joy with Barbara Brodsky, Aaron; Colette Simone, & Yeshua • Wednesday, March 4 • 6:30 to 8:30 p.m. • A unique opportunity to spend time with Spirit. Join us for a special evening when Spirit offers a discussion with Barbara Brodsky, channeling Aaron and Colette Simone, channeling Yeshua. This lively discussion may also include other spirit friends. FREE, donations are welcome. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Childbirth

Understanding Birth and Baby: Childbirth Education with Ariana Riegel & Katy Gladwin • March 7, 14, 21, & 28, April 4 & 11 from 10:00 a.m. to 1:00 p.m. AND March 11, 18, & 25, Pril 1 & 8 from 7 to 8:30 p.m. • With evidenced based information and knowledgeable anticipatory guidance we equip parents with the information they need to make the next best decisions for their families. Our hybrid format--2 In-person weekends, 4 virtual evenings--combines a virtual classroom with recorded content, worksheets, handouts, and resources with synchronous sessions to give you over 15 hours of learning about childbirth and postpartum. This model allows for the convenience of virtual classes while also reaping the benefit of in person sessions for connection and kinesthetic learning. Our multi-week hybrid course gives

Peaceful Dragon School

Tai Chi

Short Form
Push Hands
Sword, Staff, Dao, Cane



Wild Goose Form
Meditation
Self-Acupressure



Mediation in Motion * Relaxation * Balance * Flexibility

1945 Pauline Blvd., Suite B, Ann Arbor (734) 741-0695
peacefuldragonschool.com info@peacefuldragonschool.com

Triple Crane Monastery is now



TRIPLE CRANE

RETREAT CENTER

Retreat and workshop space available. Call 248.931.5914 for details.

Donations gratefully accepted



Visit our website often to learn about all of our upcoming events, yoga and meditation classes, programs, retreats, and MORE! TripleCraneRetreat.org

Triple Crane Retreat Center is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well a residential and local commuter classes and programs where spiritual seekers with a desire for authentic spiritual growth can relax, unwind and submerge themselves in spiritual practice.

Residential Retreat and Workshop Space Available for Group and Personal Retreats
TCRC also serves as a retreat place for other like-minded individuals, sincere spiritual seeker and organizations offering workshops and retreats for practitioners of their own. Contact us for more information on available residential retreat space.

Work-Exchange and Volunteers Program
Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

TripleCraneRetreat.org | 7665 Werkner Road, Chelsea MI 48118
Office@TripleCraneRetreat.org | 248.931.5914



RONORA

Lodge and Retreat Center

Watervliet, Michigan • 400 acres
• 100 miles from Chicago • 160 miles from Detroit

269-463-6315

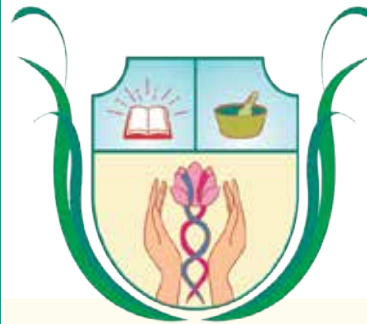
www.RonoraLodge.com



Your Natural Medicine Experts

Classes • Certification • Consultation
• Advanced Bodywork Therapies

Open House Every Month Beginning December 6, 12-1pm. See calendar for details.



Dexter Natural Health Center

3255 Central Street, Dexter

Mary Light ND MH LMT

NaturopathicSchoolOfAnnArbor.net

734-769-7794 (Call or Text)

NOW OFFERING HOMEOPATHY



FOUR PAWS

Veterinary Wellness

Monica Turenne, DVM, CVA, CT, CHPV

Offering in-home and telemedicine appointments
for both holistic and hospice/palliative care patients.
Please call for more information!

Dr. Monica is certified in palliative and hospice care for pets!
She is passionate about helping pets
and their families through this incredibly important journey.



- In-home Euthanasia
- Hospice and Palliative Care
- End-of-Life consultations
- Natural Death

- Holistic Services
- Ozone Therapy
- Chinese Herbology
- Food Therapy
- Homeopathy

- Acupuncture for Dogs & Cats
- Wellness Examinations
- Vaccination Guidance & Administration

FourPawsVetWellness.com

(734) 385-7161

THE CRAZY WISDOM CALENDAR

you time and space to truly digest and integrate all material. \$390. Located at the Gladwin Center: 4105 West Liberty Road, Ann Arbor, MI 48103. For more information contact Ariana and Katy at ypsiarborcbe@gmail.com or visit ypsiarborcbe.com.

Children and Young Adults

Music Together Classes with Robinsongs for Kids • Classes Begin January 5
• Classic Music Together® class, one that a child can attend from birth through age five—and through all nine song collections. Each week in mixed-age classes at Robinsongs For Kids, Babies, Toddlers, Preschoolers, and the Grownups Who Love Them®, we gather for 45 minutes of fun-filled family music time, from lullabies to full-on jam sessions. See class schedule for more details. \$240. For more information contact Robin at (734) 929-2133 or visit robinsongsforkids.com.

Mommy and Me Classes with Kaili Dence • Saturday, January 10, March 14, & May 2 • 10 to 10:45 a.m. • Mommy & Me Classes are held once a month on Saturdays and are the perfect way to spend creative time together! Each session features a special themed project that kids and their caregivers will love making side by side. \$15. For more information contact Joanne at (734) 330-2079 or email joanne@whitepinestudios.org.

Spring Break Art Adventure Camp (Ages 5-12): Passport to Creativity with Hollyann Stewart and Kaili Dence • Monday, March 30 through Friday, April 3 • 9:00 a.m. to 4:00 p.m. • Pack your bags and get ready for an artistic journey around the globe! In this week-long camp, young artists will explore landmarks, customs, and traditions from countries near and far, using them as inspiration for exciting art projects. \$395. For more information contact Joanne at (734) 330-2079 or email joanne@whitepinestudios.org.

Death and Dying

Ann Arbor Virtual Death Café with Rachel Briggs • Ongoing 1st Saturdays • 11:00 a.m. to 12:30 p.m. • Conversation on Zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Open to all adults. Please note: this is not a grief support group. FREE. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Ann Arbor Death Café with Merilynne Rush • Ongoing 3rd Saturdays • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Small & large group discussion, deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, snack available. Open to all adults. Accessible, confidential. Please note: this is not a grief support group. FREE. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Death Café with Rev. Annie Kopko • Tuesday, January 6, February 3, March 3, & April 7 • 6:30 to 8:00 p.m. • A group-directed discussion about death, with no agenda, objectives, or themes. It is a discussion group rather than a grief-support or counseling session. FREE, donation welcome. For more information visit interfaithspirit.org.

End-of-life Doula Training with Merilynne Rush • Wednesday, February 11, 18, & 25, March 4, 11, & 18 • 4:30 to 7:30 p.m. • Learn from an experienced doula and hospice nurse and a diverse team of facilitators. 100-page study guide includes resources on how to set up a business. No prior experience necessary. We emphasize practical aspects of caregiving, addressing the whole person and their “family,” and culturally and LGBTQ-sensitive care. \$725; scholarships and payment plans available. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Advance Care Planning Facilitator Training with Merilynne Rush • Thursday, April 16 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults identify a healthcare advocate, discuss their values and wishes with them. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration required. \$265. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Dreamwork

Lucid dreaming with Amy Pletsch • Wednesday, January 14, 21, & 28, February 4, 11, & 18 • 7:45 to 8:45 p.m. • Explore the art and practice of lucid dreaming — knowing that you are dreaming within the dream. Experiment with flying, walking through walls, and altering your dream reality. This class explores the theory and practice of lucid dreaming, as well as daytime and nighttime practices to stabilize and deepen lucidity, aid dream recall, and help you become lucid within dreams. \$15-30 per class or ~\$108 for the session package. For more information contact Amy at meditativejourneys108@gmail.com or visit dharmaallday.com.

Awake in the Dream with Cyrus Scholl • Tuesday, March 3 • 6 to 8:00 p.m. • Play with principles & tools to help interpret your dreams and usher your subconscious dreaming into conscious awareness, fostering balance in your waking life. \$35. For more information contact info@angelwhispers.org or visit angelwhispers.org.

Drumming

Intro to Taiko Drumming Workshop with Eileen S. Ho & the Great Lakes Taiko Center • Sunday, January 25, February 22, & March 22 • 3 to 4:30 p.m. • Join us for a workshop in the powerful artistry and generous spirit of Japanese Taiko Drumming through demonstrations and hands-on activities. Share in our dream of collective play as we explore the rhythms and groove of Taiko music together. \$49/workshop. For more information contact Eileen at (734) 489-1090, email eileen@greatlakestaiko.org, or visit michigantaiko.net

Drum and Dance Jam with Curtis Glatter • Saturday, April 4 • 7:30 to 9:00 p.m. • Drumming improves musicality, hand/eye coordination, and cognition, relieves stress, and enhances spiritual joy in all ages! No experience is necessary. Bring a drum or use one provided by the event. \$5 suggested donation. For more information visit interfaithspirit.org.

Energy and Healing

Healing & Ascension Monthlies Series with Rev. Eve Wilson • Thursday, January 1 & 29, February 26, March 26, & April 23 • 7:30 to 9:30 p.m. • Be an influence for unconditionally loving transformation. Join with Master Healer, cutting edge leader of World Healing Ascension, Eve Wilson. Strengthen unity with Higher Self and ground into your body to bring healing and ascension to yourself and the world. Meet every 4 weeks on Thursday live by phone or computer or anytime by MP3. \$300 Series of 6—sliding scale available. For more information contact Eve at (248) 854-6873, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Wild Goose Qigong with Master Wasentha Young • Tuesday, January 6, 13, 20, & 27, February 3, 10, 17, & 24, March 3, 10, 17, 24, & 31, April 7 from 6 to 7:00 p.m. AND/OR Thursday, January 8, 15, 22, & 29, February 5, 12, 19, & 26, March 5, 12, 19, & 26, April 2 from 10 to 11:00 a.m. • The Wild Goose Form is a series of ongoing movement – a reverent dance



2026 Programs

Livestream via Zoom

Classes | Events with Spirit | Retreats | Workshops

Weekly Silent Meditation

Live Retreat—Sept. 13-18, 2026

Weekly YouTube videos

Join us on our path to living a life of Lovingkindness with non-harm to all beings. Experience the wisdom and compassion of Aaron, as channeled by our founder and guiding teacher, Barbara Brodsky.



DeepSpring.org | info@deepspring.org | 734.477.5848

Deep Spring Center is a 501(c)(3) non-profit. See website for details.

that embodies the multidimensional aspect of Chi. As a form of movement, it brings together imagery, yogic like stretches, and your energy acu-point system. Reaching upward, to the sides, and bending forward the form becomes a lovely dance of connection to not only your energy but cultivates and receives the energy of the universe, nature, and earth. You can attend one or both sessions per week for the same price. \$225. Located at 1945 Pauline Boulevard, Suite B, Ann Arbor, MI 48103; down a flight of stairs, no elevator access. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Exercise and Fitness

Original Strength Resets Community Sessions with Rodger Park • Ongoing Tuesdays • 7 to 7:30 p.m. • Reset your neuromuscular system to move better! Simple, gentle, scalable movements great for everyone, from recovering couch potatoes to hardcore athletes, all ages and conditions. FREE, donations accepted. For more information contact Huron Valley Aikikai at (734)417-2735, email hvaikikai@gmail.com, or visit hv-aikido.com.

Introduction to Original Strength Resets with Rodger Park • Saturday, January 17 • 2 to 3:00 p.m. • Human beings are designed to move, and our neuromuscular systems come “pre-programmed” with specific instructions for how to do that. These are rooted in our development as infants, getting us from lying on the floor to rolling over, crawling, walking upright, and doing all the other things we can naturally do. Original Strength Resets are a system of gentle movements that reboot these patterns to help anyone in any condition meet their goals for better movement. Come try it out! Located at Huron Valley Aikikai: 1904 Federal Boulevard, Ann Arbor, 48103. FREE, donations accepted. For more information contact Huron Valley Aikikai at (734)417-2735, email hvaikikai@gmail.com, or visit hv-aikido.com.

Festivals and Fairs

Enlightened Soul Holistic Psychic Fair with the Enlightened Soul Center & Shop • First & Third Saturdays • Noon to 6:00 p.m. • Join us for a fun-filled day at the Enlightened Soul Center! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore lots of readings and healings at one time, under one roof. \$5. For more information visit enlightenedsoulcenter.com.

Michigan Psychic Fairs

Film

Free Film & Discussion with Jewel Heart instructors • Friday, January 9, February 13, March 13, & April 10 • 7 to 9:15 p.m. •

• January 9— “The Last Dalai Lama.” 2022. What is truly important for the 14th Dalai Lama? Will there be a fifteenth Dalai Lama?
• February 13— “The Dalai Lama: Scientist.” 2022. His Holiness tells the unknown story of his lifelong journey into the world of science and how things have changed as a result.
• March 13 and April 10— “On Life and Enlightenment.” 2006. Principles of Buddhism presented by his Holiness the Dalai Lama.
• FREE; concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Gardening and Ecosystems

Medicine Garden Design with Mary Light • Saturday, April 25 • 10:00 a.m. to 2:00 p.m. • Each participant will bring in a photo, if they have one, plus information about size and sunlight orientation. Mary will discuss and guide plant choices of common and effective medicines, how to care for and harvest them, and give local resources. \$100. For more information contact Mary Light (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Healing

“Making Sense Of” Series: A Problem-Solving Approach to Healing with Diane • Ongoing Wednesdays • 7 to 8:30 p.m. • Are you feeling overwhelmed? Need help figuring out where to start? In small groups, I will lead you through a unique problem-solving process. Topics include Parenting & Communication (February), Menopause (March), and Big Life Transitions (April). Each topic will be explored in sessions once a week on Wednesdays for the first 3 weeks of each month. \$150 per topic (3-week session). For more information contact Diane at (734) 474-5700, email connectingthedotscounselor@gmail.com, or visit connectingthedotscounseling.us.

Resources for Conscious Living



Intuitive and Functional Healing for Women Throughout the Motherhood Years



SacredRootsHealing.org
katygladwin@gmail.com



Release What You Have Been Holding
Energetic healing
Return to yourself.

- Remote 1:1 sessions
- Emotional + energetic release
- Clearer mind, lighter body, more you

JOY DETTLING
joy@ignitelife.net
810-510-2929
<https://ignitelife.net>





Rosanne Emanuele

- Kiiko Matsumoto Master Acupuncturist
- Certified Japanese Acupuncturist 27 years
- Brazilian Crystal Light Therapy

734-302-7300
2350 Washtenaw, Suite 10, Ann Arbor, MI 48104
Emanueleacupuncture.com

Traditionally Empowered Healing
Healing Resides At The Roots of Nature & Touch
And Is Drawn Up By The Eternal Flames of Our Traditions



Anat Shlagman
Traditional Naturopath



Website: www.trad-em.com
Email: trad.em.heal@gmail.com
Call/Text: 1-248-982-1203
Address: 32710 Franklin rd., Franklin MI 48025



REIKI
THE USUI SYSTEM OF REIKI HEALING
For Body, Mind & Spirit
CLASSES & INDIVIDUAL TREATMENTS

Suzy Wienckowski, Reiki Master
Reiki Alliance Member

734.476.7958
SuzyReiki@aol.com



By Katherine Munter

Darkness doesn't eat. She just dreams... She spreads through the rooms and fills them with silence and black... Darkness is soft and restful. She's a very gentle lady.

–Betty Boegehold, *What the Wind Told*

When I was young, I was very afraid of the dark. It twisted familiar objects into terrifying shapes. It obscured my vision with shadow, and I was certain that in those shadows rested beasts that watched, ready to consume me if I ventured too close.

To complicate matters, I used to sleepwalk. My family reported that during these episodes, my eyes would be open and I'd seem very much awake. At some point, they'd realize I was asleep because I would behave oddly, as though I was responding to something that they couldn't see or hear.

There were times when I awoke alone in a dark room that I hadn't gone to sleep in. As my dream world faded, I'd struggle to process where I was. Often, it was the ticking of the wall clock that would announce my location. Then, terrified, I'd summon my courage and make a dash back to the safety of my bedroom.

My childhood home was tucked into the woods, on property that backed 10,000 acres of state forest. One of my biggest fears was that one night, I'd wake up alone in those dark woods and not know how to get home.

I had recurring dreams of closing and locking multiple doors to the outside or zipping layer upon layer of protective sheeting. In my dreams, my task was to keep something out, but at the same time, I was also keeping myself in.

As we grow and change, our dreams also change. Thankfully, with age, my sleepwalking ended. My fears of darkness,

however, lingered. I loved Boegehold's story, *What the Wind Told*, and I tried to imagine the darkness as a quiet and gentle lady.

Over time, I came to the realization that I could spend my entire life in fear, running from the darkness. Alternatively, I could release my tension and focus on the present moment rather than what could happen. From a place of calm, I was able to relax into my fears and learned to find peace in the darkness, letting my eyes rest and appreciating my space with my other senses.

I grew fond of the quiet beauty of night, especially in the stillness of winter. When the winter winds are calm, night is tranquil. Time seems to slow, as though I'm stepping into a photograph. My out breaths become visible, like little clouds that sit with me for a moment before they fade away.

When the sky is clear on a crisp night, the stars seem to shine brighter, bearing witness to my humanness as I ponder my place in this blink of time. The quiet of winter leaves more space for thought without distraction. Night has a dreamy quality, where creativity can flow.

Darkness can connect us. When I was a new mother, I spent more time awake at night than I ever have before or since. As I sat rocking my baby in a quiet, dark room, my thoughts traveled to all the other mothers who were doing the same. Then to all the mothers who came before me. On those nights, I watched the moon's path, and I felt connected to women I'd never get to meet. In that dark room, I felt seen.

When you find yourself in the dark of winter, I wish you a time of soft restfulness. A peaceful hibernation when new ideas and imaginings can grow, readying a space for creativity to bloom.



Katherine Munter, clinical psychologist, art therapist, and founder of *Creative Life Therapy*, an Ann Arbor practice of art therapy and integrative wellbeing. Learn more at www.CreativeLifeTherapy.com.

Creative Life Therapy



At Creative Life Therapy, each session is tailored to your needs. We provide a mix of talk therapy, art therapy, and mindfulness practice.

We work with individuals throughout the lifespan, from young children through adults.

creativelifetherapy.com

(734) 707-8420 2350 Washtenaw Ave, Suite 2 Ann Arbor

Stay Informed! **SUBSCRIBE**
TO OUR NEWSLETTERS

Receive our Weekly E-newsletter which features information about new books, audio books, tarot, and more!

Get emails when the latest issues of the CW Biweekly magazine and The Crazy Wisdom Community Journal are available.

to subscribe: scan the QR code, [click here](#), or visit crazywisdom.net

You will also receive occasional emails, through us, from organizations, centers, and groups that sponsor the kinds of events, classes, and programs that you care about.

We will never sell or share your information!

scan QR code



Brain Tune-ups for Saturdays with Debra Metler • Ongoing Saturdays
• 11:00 a.m. to Noon • Brain Tuneups are one hour long, virtual, group workshops created by Debra Metler MSW, CHC. They include scientifically proven brain exercises and pertinent information to help improve cognitive functions like memory, focus, problem-solving, and overall mental health. Tune-up your brain with your friends and family! \$20/person (minimum of 3 participants). For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Threads of Connection with Shannon Clare & GrieveWell • Sunday, February 22 • 2 to 4:00 p.m. • When a loved one passes, they sometimes leave behind unfinished projects—knitting, embroidery, etc. We welcome the bereaved to share in maintaining connections to their loved ones through continued creation. We celebrate our loved ones as we weave our hearts into their work. No experience necessary. FREE. For more information contact Shannon at (201) 407-2497, email laresh@med.umich.edu, or visit GrieveWell.com.

Herbal Medicine

Medicinal Herbalist Certification Series with Mary Light • Saturday, January 17, February 21, March 21, April 18 • 9:15 a.m. to 4:00 p.m. • A practical, hands-on experiential training in foundational herbal medicine practice. Sessions continue through July. Entire series is \$1750. For more information contact Mary Light (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Muscle and Bones care with Herbal Therapeutics • Saturday, January 24 • 9:15 a.m. to 4:00 p.m. • Highlights: compound liniments and ointments to apply locally to specific tissue and joint areas. A safe, warming balm for deeper penetration into restricted muscle tissues. Instruction and practice on an arm or a back, as to how to safely and comfortably incorporate massage into botanical treatments. \$200 includes supplies and formulas; \$750 for the whole series. For more information contact Mary Light (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Digestive, Gallbladder, & Colon Treatment Methods with Mary Light • Saturday, February 28 • 9:15 a.m. to 4:00 p.m. • Highlights: Showing students how to palpate the gall bladder and attune to red flags that it needs attention. Two gentle botanical applications —topical and ingested—to promote beneficial movement in the upper digestive area. Discussion of compound formulas to rejuvenate colon and small intestine function. \$200; includes supplies and formulas. For more information contact Mary Light (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Find the Transformation You Seek

When life changes, make it your opportunity to
realign body, mind, heart, and spirit.
Integrate somatic modalities with
life coaching for momentum.

Book a complimentary Discovery Call with Lisa. dellAureo.lisa@gmail.com, 734-2746737



Holistic Health

Open House Dexter Natural Health Center with Mary Light • Saturday, January 10, February 14, & March 14 • Noon to 1:00 p.m. • A time to look ahead, register for classes, set up those self-care appointments. Hot Chocolate here! FREE. For more information contact Mary Light (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Reawakening the Mind-Body-Mother Earth Connection with Robin Lily Goldberg • Monday, January 26, February 2 & 9 • 6 to 7:00 p.m. • This experiential series explores our vastness and interconnectedness. From reflexology to polyvagal theory, we'll rediscover how inner networks like the nervous system communicate with the natural world. By tracing our ties to the Earth, we can remember our wholeness and revive our sense of belonging. \$32. For more information contact Robin Lily at robinlily@reciprocalripples.earth or visit reciprocalripples.earth

Resources for Conscious Living

CYRUS SCHOLL
*holistic mental health
certified trauma care practitioner*

somatic coaching | dreamwork
mindfulness | pain & illness | life myth
an ifs-informed, poly-vagal, & mystical approach
dreaming-butterfly.com

Pain & Mobility Specialist
Supporting the movement of joints, lymph, and energy. Scan to book your session today!

 **Lymphatic Drainage**

 **Reiki**

 **Functional Massage**

 **Reflexology**



 *Authentic Healing Touch
Massage and Reiki Studio*

Accessible Ann Arbor
Location 

bank of
ann arbor

helps

Member FDIC

this breath

DEEP BREATHWORK

Jackie Miller
Certified Breathwork Facilitator

thisbreath.com

734-883-7130 / jackie@thisbreath.com
Ann Arbor & Ypsilanti, Michigan



From Our Current Issue

Winter Crazy Wisdom Kids

The Moon & Me

By Christine MacIntyre

The moon has a way of catching a child’s eye. It lingers above treetops, follows the car home, disappears for a few nights, then returns—quiet, steady, familiar. For parents, it’s a reminder to pause, to notice, and to reconnect with something simple yet deeply grounding: the rhythm of nature itself.

The moon has a way of catching a child’s eye. It lingers above treetops, follows the car home, disappears for a few nights, then returns—quiet, steady, familiar.



Syndallas Baughman, executive director of the Nature Learning Community in Ann Arbor and a naturalist, has spent decades helping families do just that. “I’m an outdoor educator and science teacher,” she said. “One thing I think about a lot is how knowledge and noticing the world around us help ground people.”

Sharing the Moon’s Magic

Children live in a swirl of change—their bodies growing, teeth falling out, seasons shifting. “Kids have these experiences, all these things happen, and they don’t know why,” Baughman said. “They’re living on this planet where seasons are changing, day and night alternate. Any knowledge we can give them that helps them understand what’s happening makes rhythms more predictable and helps them feel more in control of their lives.”

When her children were young, Baughman found that watching the moon together became a fun family ritual. “I was a solo parent working long hours,” she said. “I was giving myself task on top of task, rather than just being together. But we could totally notice the moon every night.”

Baughman and her children would debate on whether it was truly full or talk about how to tell if it was waxing or waning. “It can be such a nice piece of knowledge,” she said. “Make time when the moon is full—especially in winter—to go for a walk, even a short one, in the evening when it’s getting dark.”

Baughman pointed out that the simplest experiences—a moonlit walk in a familiar spot or a few quiet minutes spent gazing out the window—can be deeply magical.



Baughman pointed out that the simplest experiences—a moonlit walk in a familiar spot or a few quiet minutes spent gazing out the window—can be deeply magical. “It doesn’t need to feel like a task,” she said. “Just a chance to notice.”

Moon as Rhythm Keeper & Friend

Walking and noticing create space for wonder. Parents can easily gift children small facts that spark awe: the same side of the moon always faces us, ancient storytellers said, because it’s keeping secrets. Or try a simple ritual—once a month, share a wish, worry, and wonder for the moon to hold until it’s full again. Ask your child what the moon might say if it could talk. What would it tell them



Ask your child what the moon might say if it could talk. What would it tell them about growing, changing, and shining in their own way?

about growing, changing, and shining in their own way? These reflections bridge imagination, mindfulness, and emotional awareness showing that, like the moon, we all move through phases of light and shadow.

Building moon awareness doesn’t require a telescope or a clear night, just curiosity. “Another great thing that ties the moon to culture,” Baughman said, “is knowing how it connects to holidays. Easter can be early or late because it follows the lunar calendar. It made sense—because the moon is so apparent, such a nice way to follow time in 28-day cycles.”

Learning the difference between solar and lunar calendars—or noticing how constellations shift overhead—deepens a child’s sense of place in the universe. “It’s all about helping them use the moon and stars to understand what’s coming and what’s behind us,” Baughman said. “It’s nice to hand kids some knowledge for themselves—and for them to think of the moon and stars as friends.”

Make the Moon Part of Your Family Rhythm

Mark the next full moon on your family calendar as if it were a holiday. Let the anticipation build—a small ritual that reminds everyone that nature has its own calendar too.

You don’t need an agenda: the act of being present is the ritual itself. Maybe bring a thermos of cocoa, a blanket, or a notebook to sketch what you see. Let your children notice how the moonlight touches the familiar—rooftops, trees, snowdrifts—and how it feels both new and old at once.

Over time, these small moments start to mark the months more meaningfully than the grid on a wall. You begin to live by the rhythm of light and dark, fullness and rest—the rhythm of the moon itself.

On a full moon night, plan an evening walk. Baughman suggests a specific time—“maybe a 6:30 p.m. hike when the moon is full,” she said—so it feels like an occasion, not an obligation. Dress warmly, bring a flashlight you might never use, and notice how much light the moon provides on its own. You can also play a game of ‘Moon Bingo’ where you mark off different lunar phases as you observe them during your walks.

Connect sky and story. Try a free app like *Star Walk* or *Sky Guide*. “You can point your phone at the sky, and it shows you planets, constellations, the moon...,” Baughman said. “Even in the day, you can see the moon—if it hasn’t risen yet, it shows it below the horizon [in the app].” Let kids discover Venus, track Jupiter, or find constellations as they move through the seasons. “[These apps] are so much fun and easy to use.”

Create a Simple Moon Water Ritual

On the next full moon, invite your child to help you make moon water—a simple way to capture the quiet energy of the night. Fill a small jar or bowl with clean water and set it outside (or on a windowsill where the moonlight can reach it).

As you do, talk about what you’re thankful for, or something you hope to “grow” this month. Leave the water overnight, letting it soak up the stillness and light.

In the morning, bring it inside. Let your child choose how to use it—watering a houseplant, dipping a paintbrush, or adding a few drops to a nature altar. The idea is about mindfulness: a reminder that the world around us is alive, and that intention can make even a cup of water feel sacred.

Create a Moon Journal

Invite your child to “check in” with the moon each night, just as they might check in with a friend. Ask them to look up and quietly wonder, *what kind of mood does the moon seem to be in tonight?*

They can draw it—maybe the moon looks sleepy, playful, shy, or bold. Encourage them to color the sky, add stars, or sketch how the world looks under that light. Over time, they’ll have a series of “moon moods,” a visual diary of awareness and imagination.

If they want, they can add a sentence or two: “The moon looks tired, like it’s taking a break” or “The moon looks happy tonight—it made the snow sparkle.”

Prompt older children to dig deeper, noticing what the moon looks like and how it feels—hazy, bright, sharp, hidden, far. Then, in a notebook or phone note, they can write a few sentences beginning with, “Tonight the moon feels…” and “Tonight I feel…”

Encourage them to see if there’s a connection between the two. Maybe a bright, bold moon mirrors confidence before a big event. Maybe a waning crescent feels like winding down after a long week.

Over time, this becomes a kind of emotional weather journal—a place to track not just moods, but awareness. It’s a quiet self-awareness practice disguised as observation. Teens learn to name feelings, recognize patterns, and find steadiness in nature’s rhythm without it feeling like “homework” or therapy.

Each small act, whether it’s drawing, walking, or simply noticing, turns the moon from something distant into something deeply familiar, a teacher of both science and wonder.

 **Development Coordinator (at Leslie Science & Nature Center)**
Nathan Phillips said there are a couple of great spots for catching the moon’s glow.



Moon-Watching in Ann Arbor

In Michigan, winter nights arrive early, winter deepens early, and the nights hold a stillness that the moon seems born to illuminate. The moon becomes our quiet companion—glinting off frozen ponds, tracing silver across snowdrifts, turning the bare trees to lace. This is the season when the moon feels closest, when even its tiniest sliver brightens the deep blue hush of evening.

January’s full moon is known as the Wolf Moon, a name that reaches back to ancient midwinter traditions. In long-ago northern climates, wolves were often heard howling through the cold—voices echoing across frozen landscapes when food was scarce and nights were long.

Today, the Wolf Moon reminds us of instinct, connection, and endurance. It’s a time to listen closely to the natural world, to our families, and to ourselves. Under its silver light, even quiet places feel alive. The Wolf Moon calls us back to community and to the wild, reminding us that, like wolves, we are meant to belong.

One of the most magical ways to connect with the moon is to make it place-based, tied to where you live.

Cherry Hill Nature Preserve Loop

Cherry Hill Nature Preserve in Superior Township offers a peaceful place for a moonlit stroll with kids. The half-mile-square preserve winds through gentle hills, meadows, and woods perfect for an easy walk under the glow of the Wolf Moon. Listen for owls, spot a few night birds, and enjoy the calm of nature after dark.

For more information, call (734) 647-7600 or visit mbgna.umich.edu/nichols-arboretum. Cherry Hill Preserve Nature Loop is located at 6375 Cherry Hill Rd, Superior Charter Twp.





Alternative Hospice & Grief Support

Comfort for the dying and the bereaved from a Buddhist perspective

- Buddhist hospice*
- Buddhist grief support
- Transitioning counseling and coaching
- Mindfulness/meditation instruction
- Ongoing group meditation sittings
- Forty-nine day transitioning journey assistance

*Non-medical. Can be an auxiliary part of conventional hospice.

 Chung Cho/Dal Ahrens
734.637.5151 • dal.ahrens@gmail.com 





A HUMAN EDUCATION IN AN AI WORLD



RUDOLF STEINER SCHOOL

OF ANN ARBOR

- SMALL CLASSES
- CARING FACULTY
- EXPERIENTIAL LEARNING
- PHONE-FREE ENVIRONMENT
- FUTURE-READY STUDENTS
- FLEXIBLE TUITION

NOW ENROLLING PRE K-12

734-669-9394 | STEINERSCHOOL.ORG



Gallup Park

At Gallup Park, the moon rises over the Huron River like a lantern. Its reflection rippling beside drifting ducks and bending willows. Families pause on bridges or grassy banks to watch the water shimmer with twin moons—one above, one below. The park’s gentle trails and open sky make it a perfect place for an evening walk, where calm feels close and wonder is easy to find.

Gallup Park is located at 3000 Fuller Rd, Ann Arbor. Call them at (734) 794-6240, or visit a2gov.org/parks-and-recreation/parks-and-places/gallup-park/ for more information.

Read the rest of the article online!

THE CRAZY WISDOM CALENDAR



Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, January 4, February 1, & April 5 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of clarity and spiritual openness. \$15. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander • Tuesday, January 6, February 3, March 10, & April 7 • 7 to 8:00 p.m. • For Women Only: Meditations concentrating on women's issues relative to biological energies as well as that of the aura. Some prerequisites. \$10. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Couples & Family Healing Class April 30th, 7:30-9:30 pm

Part I – Group Class teaches how soul contracts draw us to our families and relationships, the spiritual dynamics that make us heal and grow as individuals and together, and how to make use of them for success and satisfaction. Meet by teleconference call. Or by recording for those who can't attend live.

Part II – Private Healing with Eve to shine light on your particular dynamics and opportunities, provide guidance and begin the healing process. Scheduled individually.



Only one person required per couple or family to accomplish what is needed. More is great!

Cost \$300 for series. See "What's New In The Community" in this issue for more about this class and visit www.spiritualhealers.com for testimonials and to enroll.

Eve Wilson is a UCM Master Healer with 40 years experience helping couples and families to succeed in the fullest ways as individuals and together.

Winter Intensive: Webinar & Teleconference with John Friedlander • Thursday, January 22 & Friday, January 23 from 7 to 9:00 p.m., Saturday, January 24 & Sunday, January 25 from 10:00 a.m. to Noon & 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development class, CD or permission of instructor. \$275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Manifesting your Dream with Renee Lennard • Saturday, February 28 • 11:00 a.m. to 1:00 p.m. • Whether you're seeking clarity, motivation, or a fresh perspective, this workshop offers a structured approach to help you move forward with confidence. Join us on this transformative journey and unlock the potential to manifest your dreams. \$40. For more information contact call Renee at (810) 634-1892, email angelreadingswithrenee@yahoo.com, or visit angelwhispers.org

Spring Intensive: Webinar & Teleconference with John Friedlander • April 26, Exact Dates TBD • New material with continued development of advanced core techniques seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development Class, CD set or permission of instructor. \$275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Love and Relationships

Couples and Family Healing 2-Part Class with Rev. Eve Wilson • Thursday, April 30 • 7:30 to 9:30 p.m. • One or more person(s) per couple or family meet by teleconference class to understand what draws us into families and relationships, what we are trying to accomplish, and how to find greater intimacy, love, and fulfillment. Part II is a private session with Eve to understand and heal dynamics in your relationship or family. \$300 for both parts I and II. For more information contact Eve (248) 854-6873, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Massage

Public Massage Class with Irene's Myomassology Institute • Friday, January 23 OR March 13 • 7 to 9:00 p.m. • You can relax and have some fun at Irene's Public Massage Class. During this two-hour class, you will be able to learn basic techniques while giving and receiving a massage. If you've never given a massage, this is a great chance to explore the benefits of touch. Classes fill up quickly so don't delay! For more information contact Irene's Myomassology Institute at (248)350-1400, email contact@irenes.edu, or visit irenes.edu.

Couples Massage with Irene's Myomassology Institute • Sunday, March 8, 15, 22, & 29 • 1 to 4:00 p.m. • In this class, you can take a break from everyday life to spend four fun evenings with your significant other, while learning proper techniques of a relaxing full body massage. Share the gift of massage as you learn the true art of touch. \$275 per couple for all 4 classes. For more information contact Irene's Myomassology Institute at (248)350-1400, email contact@irenes.edu, or visit irenes.edu.

Meditation

White Tara Guided Healing Meditation with Jewel Heart Instructors • Ongoing Sundays • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Weekly Silent Meditation Practice with Colette Simone • Ongoing Sundays and Tuesdays • Sunday from 11:00 a.m. to Noon AND/OR Tuesday from 9 to 9:30 a.m. • This offering is open to all with a willingness to observe the self-kindly and rest in pure awareness. We begin with brief chanting, followed by silent Vipassana meditation. After the bell rings, you may leave or stay to share or ask questions. This is not a class or guided meditation—simply shared practice. Suggested donation: \$5. For more information contact Tana at (734) 477.5848, email om@deepspring.org, or visit deepspring.org.

Healing and Compassion Meditations with Hartmut Sagolla • Ongoing Mondays • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Meditation on Serenity & Compassion with Khenpo Tshering Chopel • Ongoing Saturdays • 10:30 to 11:30 a.m. • Meditation on compassion starts with serenity then opens our hearts to genuine caring for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lananancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Evening Group Meditations with Song of the Morning Community • Ongoing Tuesdays, Wednesdays, Thursdays, Fridays, & Saturdays • 8 to 9:00 p.m. • Evening Meditations include guided prayer, chanting, and silent meditation, with simple instruction to help newcomers feel supported. Practices are offered in the spirit of Paramahansa Yogananda's teachings. FREE. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Mantra Kirtan with Ananda and Deva • Ongoing Thursdays • 6:30 to 8:00 p.m. • Traditional Hare Krishna chanting circle for healing and connection with vegetarian meal served after at 8 p.m. All welcome. FREE. For more information contact the Harmony Collective at deva@theharmonycollective.org.

Overnight Introductory Meditation Class with Temple Clergy • The Weekends of January 7 & 8, March 27 & 28, & Apr 17 & 18 • 7:00 p.m. Friday through Noon Saturday • This course covers the same content as our 5-Thursday evening class in a condensed format. It is ideal for out-of-towners, or local people who cannot attend the Thursday evening course. Cost is \$160/\$120 students or unwaged; includes accommodation and a vegetarian breakfast. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Introductory Zen Meditation Course with Temple Clergy • Thursday, January 8, February 19, and April 2 • 6:30 to 8:30 p.m. • 5 Thursday evenings, starting dates are listed in the title. The viewpoint of Zen is that life lived fully in each moment is the end and purpose, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is \$160/\$120 unwaged. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

New Year Mindfulness Hike Retreat • Saturday, January 10 • 1:00 p.m. • Open to the stillness of winter through this 3-hour mindfulness hike retreat at Gallup Park. Explore your relationship with nature through an outdoor mindful sensory hike, and indoor guided reflection practices, group discussion, journaling, and the completion of a creative project made from natural materials gathered during the hike. Pre-registration is required. Register at wildwander.org Fee-\$40. Payment may be made via Venmo @ElleBogle, last four 1494. For more information visit <http://julie-woodward.com>.

That Which is Already Awake is the Path: Awakening to the Joy and Unconditional Love Within; Going Deeper into Nonduality with Barbara Brodsky, Aaron, & John Orr • Tuesday, January 13 & 27, February 10 & 24, March 10 & 24, April 14 & 28 • 6:45 to 9:00 p.m. • Each class blends meditation instruction with shared exploration. Sessions include a talk from Aaron, time for questions, and related practice. Together, we remember what is already awake within us and the practices that support resting in presence. How do we meet life's challenges with clarity, compassion, and deep, grounded participation in a changing world? Suggested donation: \$135-\$450. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Meditations for the Heart with Amy Pletsch • Wednesday, January 14, 21, & 28, February 4, 11, & 18 • 6:30 to 7:30 p.m. • Join us for a gentle, nourishing meditation series exploring the four boundless qualities of the heart, sometimes known as the Four Immeasurables— loving-kindness, compassion, empathetic joy, and equanimity. Rooted in the Buddhist contemplative tradition and adapted for modern life, this class invites you to deepen your relationship with these innate capacities through guided practice, reflection, and shared inquiry. \$15-30 per class or ~\$108 for the session package. For more information contact Amy at meditativejourneys108@gmail.com or visit dharmaallday.com.

Days of Mindfulness Meditation with Esther Kennedy • Saturday, February 7, March 14, & April 11 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. Cost: \$35/session, includes lunch. Registration required. Each session is limited to 30 participants. For more information contact the Weber Center at (517)266-4000, or email webercenter@adriandominicas.org.

GOM Day of Meditation with Jewel Heart Instructors • Saturday, February 21 AND/OR April 25 • 9:00 a.m. to 5:00 p.m. • Meditation is an essential tool that helps develop peace, joy, concentration, and wisdom. The day includes practice sessions with light guidance. Instructors are available for assistance. Silence will be enjoyed throughout. Come when you can. FREE; donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga and Meditation with Kapila Castoldi at Crazy Wisdom • Sunday, March 15, 22, & 29 • 2 to 4:00 p.m. • Meditation is part of a broader picture: Yoga. Developed by the ancient rishis (seers) thousands of years ago, the Yoga philosophy applies still to our modern life. The class will explore the sheaths of the body, vital, mind, and heart, and the concept and evolution of the soul along with concentration, relaxation, and breathing techniques. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Movement and Dance

Elemental Ecstatic Dance with Andrew Werderitsch & Hilary Nichols • Sunday, January 4, 11, 18, & 25, February 1, 8, 15, & 22, March 1, 8, 15, 22, & 29, April 5, 12, 19, & 26 • 11 a.m. to 1:00 p.m. • Elemental Ecstatic dance is a free form music and dance practice, no dance experience necessary. In the spirit of West Coast Ecstatic Dance, Five Rhythms, and Dance Church. Inspired by Funk, Disco, Ethnic, Drum 'N Bass, House, EDM, West Coast Bass, Classical, Americana, and all music that moves us. ADA supported. \$20. For more information contact Andrew at (310) 926-0272 or email andjru@yahoo.com.

Cardio Kickboxing with Lynda Gronlund • Friday, January 9, 16, 23, & 30, February 27, March 6, & 13, & April 8 • 7 to 7:45 p.m. • Get a fun cardio workout while learning basic kickboxing moves with heavy kick/punch bags. All fitness and ability levels welcome. Gloves covering to 2nd knuckle recommended. \$89 / 8 sessions. For more information contact Lynda at (248) 739-0841, email balancepoint.fitness@gmail.com, or visit balancepointfitnessa2.com.

Resources for Conscious Living



Dr. Susannah Park, DO Integrative Musculoskeletal Medicine

Dr. Parke is an osteopathic physician offering integrative pain consults and osteopathic manipulation to ease pain and guide patients toward musculoskeletal well-being. Her holistic approach will help you rediscover the Health within.

Board certified in Osteopathic Manipulative Medicine & Physical Medicine and Rehabilitation. RYT200.

Phone (734) 984-3612
Office - 231 Little Lake Dr, Suite E, Ann Arbor, MI 48103
Email: susannahparkedo@gmail.com
Visit the website for more information,
www.susannahparkedo.com



**Michigan
PSYCHIC FAIR**

UPCOMING FAIRS

JANUARY 11TH, 18TH, 25TH,
FEBRUARY 1ST, 8, 15, 22ND,
MARCH 1ST, 8, 15, 22, 29TH.

**STEP INTO THE MYSTICAL WORLD
AT MICHIGAN PSYCHIC FAIRS!**

READINGS, HEALERS, GREAT VENDORS, & MORE.
JOIN US FOR INSIGHT, GUIDANCE & MAGIC.



**Interested in vending? Call Pauline at 586-219-6360
or visit mipsychicfair.com for details, tickets & more.**



Stephen L. Rassi, PhD, LMSW, MA Clinical Social Worker

CBT for Anxiety; TIR for PTSD and Trauma Concerns
Skills for Increased Focus and Concentration
Counseling for Trans* and Gender-Diverse Clients

mercury@umich.edu • 734.945.9100



Chrysalis Facilitation
and
Counseling Services, LLC

Diamond Approach Michigan *A Journey from Ego to Being*

Lou Weir, Diamond Approach Teacher
diamondworkmichigan@gmail.com
diamondworkmichigan.org



THE DIAMOND APPROACH



A CONVERSATION WITH POLARIS, *The "North Star"*

By Peggy River Singer

"Polaris is second-magnitude star situated close to the north pole of the heavens, in the constellation Ursa Minor: it's at the end of the handle of the Little Dipper. Because it's aligned with Earth's rotational axis, it appears to be stationary above the North Pole, making it crucial for navigation in the Northern Hemisphere. (Michigan Starwatch)

Note: I'm going to call Creator "he" for simplification.

Polaris: It is a pleasure to speak with a human who has loved the night sky so much all her life!

[I feel a sweetly warm and gentle tingle moving through my body.]

Polaris: I understand from your other writings that you usually ask each being you interview what their "role" or "assignment" is in the greater scheme of things. You might smile to hear that Creator did indeed plan from the beginning for a guiding star in the perfect position to assist human travelers over millions of years. Yes, millions – not just the last few thousand years that are familiar to your historians. Earth's axial wobble (precession) allows many stars the unique experience of being the Pole Star. Kochab of Ursa Minor held the post before I took over a thousand years ago. In about 75 years a star in Cepheus will take over and I will "retire."

Peggy: The Southern Hemisphere has a Pole Star but it's very faint, so it's not useful for navigation. Why did Creator make that decision?

Polaris: Earth was created as a laboratory for human development. People of the Southern Hemisphere have coped with their situation very successfully.

Peggy: Has Creator closely controlled the activities of humans who have relied on the Pole Star to travel great distances to other lands?

Polaris: Creator sees all possibilities in all timelines and realities very easily, so planning ahead is a simple matter of mixing and matching. He doesn't usually get involved with details, but you might say he "nudges" people toward the goals he has chosen for them, such as crossing the great Bering Land Bridge from Asia to North America 35,000 years ago.

Peggy: Do any living beings occupy your physical form?

Polaris Yes indeed, that is true for many stars. Currently most of the population belongs to travelers from another star system.

Peggy: Do those travelers have any interest in Earth?

PolarisNo, remember that we are approximately 400 light-years apart. I doubt that they are aware of humans at all.

Peggy: Can you tell me whether Earth-based humans travelled in space in the far past?

Polaris: Absolutely! Humans have been around far longer than your scientists can currently prove.

Peggy: Did you request to be our North Star, or did Creator assign you that position?

Polaris Creator asked me to consider the assignment and explained that as the North Star I would have an important presence in human history. I found the idea intriguing and agreed. Prior to that conversation I was unaware of humans and this world.

Peggy: How will you spend your time once you retire?

Polaris I will continue to spend a great deal of time in neutral observation of everything going on around me.

Peggy: : Do you exchange your observations with other stars?

Polaris Yes, of course. There's an infinite web of interconnections among us stars, even we do not know how far it extends physically or in how many timelines. We simply accept, you see; we do not wonder about such things.

Peggy: What else would you like to say today?

PolarisI hope your readers will look into the night sky and see living beings, not just points of light! This talking is complete.



Peggy River Singer is an all-beings communicator, faerie ally, Pleiadian Starseed, Lightworker, and lifelong writer. More of her articles and channelings are posted on angelsfairiesandlife.wordpress.com. To request a communication session, please call 734-548-0194.



BE WELL

Mini-Mindfulness Retreats for Educators & School Personnel



- Learn strategies to de-stress and gain skills in self-care
- Perfect for your next staff development
- Be Well Retreats are grant supported and free of charge



The Michigan Collaborative for Mindfulness in Education

Email us: info@mc4me.org

Mindfulness techniques help both students and teachers handle stress



Coaching Families to Build Lasting Bonds with Their Youth

- Improve Communication
- Resolve Conflict
- Encourage Empathy
- Promote Mutual Respect & Trust
- Have Fun

Experiential sessions and classes that take place on a horse farm in Dexter MI
www.stablewisdom.net
 734-845-6542 - connect@stablewisdom.net



THE SOPHIA CODE®
Sophia Circle Journeys

A Life Changing Journey to Embody your Higher Self
 Mentor with Divine Feminine Ascended Masters

Sophia Circle Journeys® starting in Fall

In person September 11
 Virtual October 22

Meet weekly for 5 weeks, then biweekly for 8 weeks

Instagram: @constancejoytransformations
 Facebook: Constance Joy Transformations

Constance Joy Hart
 Sophia Circle Leader, Soul Coach,
 Past Life Healing, Space Clearing . . .

www.constancejoyhart.com
constancejoyhart@gmail.com
 248-982-7859



Writers Wanted

Great way to be visible in the community, and connected.

We are always looking for good articles about the holistic scene... reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.

Modest but respectable pay. If you might be interested, please send a letter of interest and links or PDF samples of previously published writing to jennifer@crazywisdom.net.

Honoring All Spiritual Paths & Traditions

Interfaith Center for Spiritual Growth



Be a light unto the world

704 Airport Blvd., Suite 1
 Ann Arbor, 48108

Sunday Celebration Services
 10:45-12:15

Monthly Concerts, Movies
 and Drum Circles

Weekly Study Groups,
 A Course in Miracles,
 Science of Mind, Sufi Gathering
 & more

*Sunday Service and many classes
 available via live stream*

734.327.0270
interfaithspirit.org



Find Where YoUU Belong

UUAA is a community devoted to radical welcome. Join us in our work fighting for climate justice and against racism and oppression.

Learn More at uuaa.org

Check Us Out In Person Sundays
 4001 Ann Arbor-Saline Rd
 Ann Arbor, MI 48103

Summer Service: 10:30am
 Fall-Spring Services: 9:30am
 and 11:30am

Stream Our Service Online
uuaa.org/service



**FIRST UNITARIAN UNIVERSALIST
 CONGREGATION OF ANN ARBOR**
 Grounded in Community - Centered on Justice - Lifted by Love

COME DISCOVER & EXPLORE!



ANN ARBOR HANDS-ON MUSEUM

- Open six days a week
- 10am-5pm
- Memberships Available

Access For All
 \$3 admission
 for (EBT/WIC
 card holders)

**Ann Arbor
HANDS-ON
Museum**

**TOGETHER WE PROVIDE MOMENTS OF DISCOVERY
 FOR EVERYONE IN OUR COMMUNITY!**

www.discoverscienceandnature.org



LESLIE SCIENCE & NATURE CENTER

Rentals, Summer Camp, Preschool,
 Birthdays, Critter House, Family
 Programming and more!

**Leslie
SCIENCE & NATURE
Center**

**Our trails, Raptor
 enclosures and
 Nature Playscape are
 always free & open
 sun up to sun down.*

THE CRAZY WISDOM CALENDAR



Music, Sound, and Voice

Cafe 704 with the Interfaith Center for Spiritual Growth • Ongoing Second Saturdays • 7 to 9:00 p.m. • Live music in a smoke-and-alcohol-free venue, in person or livestream on Zoom. January 10: Nutshell; February 14: Peter “Madcat” Ruth and John Churchville; March 14: Spirit Singing Band w/ Kath Weider; April. 14: Marlena Studer, Steve Ragsdale, & friends. \$10 to \$20 donation suggested. For more information visit interfaithspirit.org.

Singing for Comfort with Layla Ananda • Friday, January 9, February 13, March 13, & April 10 • 7 to 8:15 p.m. • We sing short, easy-to-learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually around a dozen people), or simply listen. No experience is necessary. FREE, donations welcome. For more information visit interfaithspirit.org.

Community Sing with Matt Watroba • Wednesday, January 14, February 11, March 11, & April 8 • 7 to 8:30 p.m. • You don’t need to be a good singer—whatever that means. You just need to love singing. \$5-10 suggested donation. For more information visit interfaithspirit.org.

Spirit Sing with Karen Chalmer • Friday, January 2, February 6, March 6, & April 3 • 6:30 to 8:00 p.m. • No expertise necessary. We will teach each other simple songs and chants that give voice to our spirits, whether high, low, or in between. Let that still small voice inside you rise singing. Weave your voice with others just for fun. Families welcome. Suggested donation of \$5-10; no one turned away. For more information visit mfcenter.org.
Gift of Song at the Whittaker Library with The Threshold Choir of Ann Arbor • Saturday, April 18 • 3 to 4:30 p.m. • Experience loving song wherever you are in life’s journey. As you sit or recline, the Threshold Singers share peaceful, soothing music to bring you comfort and support in meeting life’s challenges. We then invite you to quietly sing along to a few of our songs. Please arrive before 3 p.m. to park and settle in. FREE, donations accepted. For more information contact the Threshold Choir at (734) 531-7960, email thresholdofaa@gmail.com, or visit thresholdchoirofannarbor.org.

Nutrition and Food Medicine

Nutritionar with Valarie Thomas • Wednesday, January 7 & 21, February 11 & 18, March 11, & 24, April 8 & 22 • 6:30 to 7:10 p.m. • During a Nutritionar(TM) presentation you will learn about a curated number of nutrients in each food that are scientifically found to give health and wellness support to your bodily operations. Nutritionar(TM) food subjects will change monthly. \$20 per person, \$15 each for a pair. For more information contact Valarie at ChE4theEarth@gmail.com.

Food Over Medicine Club with Barbara Bowman • Tuesday, January 13, February 10, March 10, & April 14 • 11:30 a.m. to 1:00 p.m. • Monthly meeting open to anyone interested in learning more about how to use whole food plant-based meals to improve your health. Bring your lunch and sample new recipes. FREE. For more information contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Fasting for your Health Weekend on Zoom with Steiner Health • Friday, January 23 through Sunday, January 25 • Refresh and reset with the Steiner Health Fasting for your Health Weekend on zoom. A simple fast can reset the mind, body, and immune system and leave you feeling more energetic and better prepared to fend off illness. \$75-\$150 (The cost of the weekend is \$120. We provide a sliding scale option to accommodate those who need assistance). For more information contact Dr. McMullen-Laird at (734)222-1491 or email rshe@gmail.com.

Pagan Spirituality

Witches Night Out with Moira Finkle at Crazy Wisdom • Wednesday January 14, February 11, March 11, & April 8 • 6 to 8:00 p.m. • Join like-minded individuals on the second Wednesday of each month to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! We head downstairs to shop at 8 p.m. Come to share, listen, learn, and enjoy the gorgeous new space. Everyone is welcome! FREE. For more information contact Moira at mopayne@umich.edu.

Women’s Goddess Gathering with Chandra Mitchel • Wednesday, January 21, February 18, March 18, April 15 • 6 to 8:30 p.m. • The women’s goddess circle is a monthly meet up for Maven/Late Millennial/GenX+women.

Everyone is welcome, but topics will center around these ages & stages. Join our Facebook group, @ CrazyWisdomGoddessCircle, for details on each month’s topics, activities, and after discussion. For more information contact Chandra at chandra@crazywisdombookstore.com.

Parenting

Clearing the Way for the Power of Listening to Work its Magic: Online Workshop for Parents with Leanne Fu • Saturday, March 7 • 3 to 4:00 p.m. • It happens so often. Something you say causes a disconnection, and your child checks out. What becomes possible instead if you offer to be a “teddy bear”? Explore how Teddy Bear Talk provides structure for keeping the teddy bear’s own concerns or agenda out of the picture and leaves plenty of room for the talker. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

Book Discussion of How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish with Leanne Fu • Saturday, March 21 • 1:30 to 2:30 p.m. • One advantage of this classic is that it has a lot of comic strips in it that make it easy to quickly grasp the key ideas. Feel free to come discuss the book even if you’ve only read the comic strips. This book is about connection—replacing lectures and nagging with fostering willingness because children feel heard and respected. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

A Book Discussion of No Bad Kids: Toddler Discipline Without Shame by Janet Lansbury with Leanne Fu • Saturday, April 25 • 1:30 to 2:30 p.m. • Explore topics including viewing misbehavior as communication about unmet needs, sportscasting (the helpful, non-judgmental account adults are advised to give of their children’s play-by-play), calm respectful limit-setting, and the importance of acknowledging, validating, and an “all feelings allowed” attitude. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

Peace

Peace Generator with Craig Harvey • Friday, January 16, February 20, March 20, & April 17 • 7 to 9:00 p.m. • Join our silent circle, in person and on Zoom, as we meditate on and pray for healing, miracles, and peace within ourselves and across the globe. Drop in at any time during this event. FREE, donations welcome. For more information contact Craig at peacegenerator2001@gmail.com.

Personal Growth

Renewal of Creative Path with Rowena Conahan • Wednesday, January 7, 14, 21, & 28, February 4 • 7 to 9:00 p.m. • What does it mean to be deeply connected to nature, to self, and to others? In this series, we’ll explore this question through individual reflection, small group discussion, and artistic activities. Finally, each participant will design a creative vision for their own future. This is a powerful individual journey and community building experience! 4-week session held online via Zoom, optional in-person potluck on February 4. \$75 (scholarship donations/requests welcome). For more information contact Rowena (734) 660-6011, email naturespeaklife@gmail.com, or visit naturespeak.life.

Believe it to See it with Barbara Bowman • Friday, January 9 • 11:30 a.m. to 1:00 p.m. • Give up shame and guilt in the new year. Learn how to transform your beliefs from sabotage to support. An eye-opening presentation by Barbara Bowman, Spontaneous Transformation Technique Certified Practitioner. FREE. Contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Mindful Self-Compassion with Lama Nancy Burks • Saturday, January 10, February 14, March 14, April 11 • Noon to 1:00 p.m. • This experiential workshop focuses on increasing our awareness of our own unhealthy patterns relating to ourselves. Research in recent years has shown that self-compassionate people tend to be happier and healthier, both mentally and physically. Through mindfulness exercises and supportive group discussion, we can develop healthy new habits. FREE, donations welcome. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

The Challenges and Opportunities of Living with AI with Berit Reisenauer Guidotti • Thursday, January 15 • 7 to 8:30 p.m. • Advanced algorithms are contributing to important scientific breakthroughs, especially in medicine. We discuss Christian and Catholic reflections on technology, on creation, and on how our shared social world might help communities begin to recognize the challenges and opportunities of AI in an increasingly algorithmic society. \$25. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Inner Alignment Rewiring Coaching with Barbara Bowman • Friday, April 10 & May 8 • 11:30 a.m. to 1:00 p.m. • A six-week program designed to help you calm your nervous system and get you off the endless treadmill of fatigue, stress, and worry. This multidisciplinary series incorporates sessions with movement, massage, meditation, and muscle testing. \$388. Contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Growing in Radiance with Kathleen Duffy • Sunday, April 26th at 6:30 p.m. through Wednesday, April 29 at 3:30 p.m. • During this retreat we will read and pray with some of Teilhard's most beautiful mystical essays in which he shares with us the inner glow that throughout his life drew him more deeply into an encounter with the living presence of Christ incarnate in matter. Cost: Commuter \$125: (includes lunch) | Double occupancy: \$225 (includes all meals) Single occupancy: \$325 (includes all meals). For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Prosperity and Abundance

Using Inner Wisdom with Ruth Wilson • Dates Ongoing • 1-2 Hours • Learn to use your genius and create something new that you love instead of trying to fix things. Learn to develop coherent energy, call on your natural superpowers, and choose experiences you prefer. Easy changes that make life more fun. FREE. For more information contact Ruth at (248) 990-1902 or visit ruthwilsonguide.com.
Fixing Law of Attraction Failure with Barbara Bowman • Friday, March 13 • 11:30 a.m. to 1:00 p.m. • Find out why the Law of Attraction doesn't work for you and how to fix it. Discover the essential beliefs needed to manifest your desire. Bring your lunch and enjoy learning. FREE. Contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Reiki

Usui System of Reiki Healing: First Degree with Suzy Wienckowski • Saturday, April 25 from 10:00 a.m. to 5:00 p.m. & Sunday, April 26 from 10:00 a.m. to 1:00 p.m. • Reiki is a hands-on healing practice that promotes balance of the body/mind/spirit allowing you to feel and function better. Reiki is an invaluable resource for self-care and for bringing healing touch to others. Class includes, Reiki history, spiritual precepts, treatment form for yourself and others, and individual initiations. \$200. For more information contact Suzy at (734) 476-7958 or email SuzyReiki@aol.com.

Retreats

Day of Mindfulness with Emily Adama • Sunday, January 11, February 8, March 8, April 12 • 10:00 a.m. to 4:00 p.m. • Immersed in nature, we will be supported by time-honored practices, the presence of other practitioners, and themed readings exploring key mindfulness teachings. Most of the day will be in guided silence; however, the day will begin and end with optional sharing and reflection with the group. Suggested price is \$80; 5 price options between \$45-110. For more information contact Emily at hello@earthwellretreat.com or visit earthwellretreat.com.

Silent Reflections: A New Year Hatha Yoga Retreat with Marilyn Beker and Golden Lotus Yoga Teachers Association • Friday, January 16 through Sunday, January 18 • A silent winter retreat for body, mind, and soul. Enter the New Year through sacred silence, gentle Golden Lotus Hatha Yoga, and soul-guided meditation. Explore introspection and meaningful goal setting inspired by Paramahansa Yogananda's teachings. Create space for clarity, inner stillness, and a centered, purposeful beginning to 2026. Commuter rate: \$150. Lodging fees vary by accommodation and include all meals. For more information contact Song of the Morning at (989) 983-4107, email office@songoftthemorning.org, or visit songoftthemorning.org.

Inner Peace Retreat with Song of the Morning Community • Friday, February 13 through Sunday, February 15 AND/OR Friday, April 10 through Sunday, April 12 • Retreat into a peaceful forest setting for meditation, devotion, gentle Hatha Yoga, and quiet reflection. Guided practices and warm community help you recharge and reconnect with your true nature, inspired by Paramahansa Yogananda's timeless teachings. \$108. Lodging fees vary by accommodation and include all meals. For more information contact Song of the Morning at (989) 983-4107, email office@songoftthemorning.org, or visit songoftthemorning.org.

Guru Bhakti Retreat: Honoring the Life of Paramahansa Yogananda with Naren K. Schreiner & Lopamudra Bose • Friday, March 6 through Sunday, March 8 • Deepen your devotion and be immersed in divine love. In honor of the mahasamadhi of Paramahansa Yogananda and Swami Sri Yukteswar, we will

Resources for Conscious Living

**Ypsi-Arbor
Childbirth Education**

Know your options,
Build community,
Birth with confidence!

**INFORMED
EMPOWERED
SUPPORTED**



**In Person Group Classes
on Weekends and
Evenings**

Virtual Private Classes



YpsiArborCBE@gmail.com
YpsiArborCBE.com

Wildwood



Farm & Daycare

A HOME-BASED WALDORF INSPIRED NATURE PROGRAM

Enrollment Open

ENROLLING MON-THUR | 8:30 AM TO 5 PM
AGES 18 MONTHS TO 5 YEARS OLD
1639 KNIGHT RD., ANN ARBOR, MI 48103

We help children thrive through exploration in nature, practical life-skills, and abundant opportunities for outdoor and indoor child directed play.

wildwood.farm.daycare@gmail.com
wildwoodfarmdaycare.com

Denise Held, RN

CERTIFIED RELEXOLOGIST ▪ REFLEXOLO-CHI™



Natural Healing Center
2002 Hogback Rd. Suite 14
Ann Arbor, MI 48105
734-649-2891 (C)

denisebheld@gmail.com
www.a2reflexology.com

Therapeutic Foot Massage

www.facebook.com/A2Reflexology



JUMP-IN Therapy and Wellness

Gentle Therapies – Real Relief



- Increase mobility
- Ease pain and discomfort
- Reduce stress
- Improve sensory processing
- Improve sports & academic performance

We offer Craniosacral, Myofascial, Microcurrent, Interactive Metronome, Reflex Integration and other gentle, effective therapies. Tailored to your needs.

Jackie Kilburn - 810.231.9042
info@jumpinot.com Insurance accepted

CRAZY WISDOM BOOKSTORE

JANUARY

Art Gallery Exhibit

Lauren Kingsley

ART GALLERY
OPENING RECEPTION
SATURDAY, JAN. 3RD
5:30 PM - 7:00 PM
Free and open to the public!

UPSTAIRS AT CRAZY WISDOM BOOKSTORE
114 S MAIN ANN ARBOR 48104
CRAZYWISDOMBOOKSTORE.COM



MEDIUMS & PSYCHICS • ENERGY HEALING • CLASSES & EVENTS • TACHYON CHAMBER
CRYSTALS & STONES • SAGE • MONTHLY PSYCHIC FAIRS • RENT OUR ROOMS!

 **Enlightened Soul Center**
& Shop for the holistic and intuitive arts

**Largest Selection of Tarot/Oracle Cards
& Metaphysical Stones
in Southeast Michigan!**

Open Tuesday–Saturday
Starting at noon each day • FREE parking!

www.enlightenedsoulcenter.com / 2711 Carpenter, Ann Arbor

Belong! Explore! Become!

Find Your Way at The Institute!

Explore all the available programs of study and apply online at:

naturopathicinstitute.org



NITE
NATUROPATHIC INSTITUTE
OF THERAPIES & EDUCATION

Inspire a world
of health! Your
diploma in Massage
Therapy or Natural
Health is here.

(989) 773-1714 ~ Mount Pleasant, MI
contact@naturopathicinstitute.org
www.naturopathicinstitute.org

Over 30 Years of Experience
Licensed and Accredited

meditate, chant, hold devotional services, and read from their sacred teachings. Together as a circle of friends, we will drink from the eternal spring of love and wisdom they shared. \$150. Lodging fees vary by accommodation and include all meals. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Day of Mindfulness Retreat with Temple Clergy • Saturday, March 7 • 9:00 a.m. to 5:00 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest—an interval of deepening, of slowing down, silence, and mindfulness. \$60; includes a vegetarian lunch. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Daylong Meditation Retreat with Carol Blotter • Saturday, March 14 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Appropriate for all levels of meditators. \$30-60 suggested donation. For more information contact Carol at cb.meditate@ChelseaMeditation.com or visit ChelseaMeditation.com.

ReVillaging for Women: a Day-Long Retreat with Miriam Dowd-Eller & Emily Adama • Sunday, March 22 • 9:30 a.m. to 5:00 p.m. • This retreat is for women of all ages and stages looking to fill their cup with self-connection, community-building, and deep rest. It is for those who long to feel witnessed and validated, find companionship and kinship, and process our lives using timeless ways of healing. Movement, community, singing, nature, and stillness. \$70-150. For more information contact Emily at hello@earthwellretreat.com or visit earthwellretreat.com.

Mindfulness and Equanimity: A Path to Peace with Dawn Scott • Friday, March 27 through Sunday, March 29 • Through the practices of mindfulness and equanimity the heart discovers a capacity for steadiness and love, which allow us to stay open to the challenges of our times without being broken by them. During this silent retreat we call on mindfulness to support the cultivation of equanimity through meditation practices and dharma talks. Donation-based retreat; organization cost to host event is \$340. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Holy Week Retreat with Father John Kasper • Sunday March 29 through Thursday April 2 • Journey through the sacred days of Holy Week and experience the passion and death of Jesus. Commuter (includes lunch): \$125; double occupancy (includes all meals): \$225; single occupancy (includes all meals): \$325 Registration required. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Four-day Spring Retreat: Yongmaeng Jeongjin: with Temple Clergy • Wednesday, April 8 through Sunday, April 12 • This retreat is an intensive period of Zen practice geared toward the experienced student. Cost is \$60/day, \$50/day for members. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Salons at Crazy Wisdom

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Mary Anne Perrone, Spiritual Director and Social Justice Activist, in Conversation with Moderator Bill Zirinsky of Crazy Wisdom • Wednesday, March 25 at 7pm • What's on your mind these days, Mary Anne Perrone, what's in your heart, what have you relished, what's been really hard, what matters? Mary Anne Perrone works with individuals exploring their spiritual paths. She is also active in social justice organizations helping immigrants and refugees. She will talk about her own life and spiritual path. Free. For more information, contact Bill at: billz@crazywisdom.net.

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Wasentha Young, Tai Chi Master and Founder/Director of the Peaceful Dragon School of Tai Chi, in Conversation with Bill Zirinsky of Crazy Wisdom • Wednesday, April 15 at 7pm • What's on your mind these days, Wasentha Young, what's in your heart, what have you relished, what's been really hard, what matters? Wasentha Young will talk about her life's journey and life's work, and the wisdom she's derived over 50 years of practicing and 35 years of teaching Tai Chi. Free. For more info, contact Bill at: billz@crazywisdom.net.

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Haju Sunim, Resident Priest of the Zen Buddhist Temple of Ann Arbor, in Conversation with Bill Zirinsky of Crazy Wisdom • Wednesday, date TBA at 7pm • What's on your mind, Haju Sunim, what's in your heart, what have you relished, what's been really hard, what matters? Haju Sunim will talk about the evolution of the Zen Temple over the last 40+ years, and her own life's journey. Free. For more info, contact Bill at: billz@crazywisdom.net.

Shamanism

Shamanic Sound Journey: Cacao with Mary Ledvina • Sunday, January 11, February 8, March 8, & April 12 • 2 to 4:00 p.m. • Experience the healing, guidance, and interconnection of this shamanic journey, after drinking cacao,

Resources for Conscious Living



Ruth Wilson
Intuitive Coach

**Personal Training to Develop
Your Inner Magic**

248-990-1902
www.ruth-wilson.com

Book a Consult: <https://go.oncehub.com/Ruth-Wilson>



Melisa Schuster, LMSW
psychotherapy for the childbearing years

- prenatal and postpartum depression
- traumatic birth
- childbearing losses
- parenting and child guidance

734-302-0033 • www.melisaschuster.com
500 Little Lake Drive, #300 • Ann Arbor, MI 48103

Transitions LLC

Helping you successfully navigate the changes you encounter as you go through life.

Specializing in:
Abuse and trauma issues
Adjustments to changes in health
Anticipatory and ongoing grief work

Linda S. Bender, ACSW, LMSW
734.395.2285 LindaBenderTransitions@gmail.com
405 Little Lake Drive Suite A #6B
Ann Arbor, MI 48103
LindaBenderTransitions.com





comedian Shelly Smith

Story and Photos By Hilary Nichols

Book the show, and they will come.

Shelly Smith had been building toward her one woman show for years, but it wasn't until the night before it opened that she completed it. "I booked the date, then I knew I had to finish it," Smith explained. "It was not done 'til literally those last 24 hours, as I was fine tuning it."

Her one woman show, On Hold returns to the Dreamland theater in Ypsilanti on January 9th and 10th. Following its debut last October when she workshopped her multi-faceted comedy production in front of a live audience, the hour-long show includes stand-up sketches, original songs, puppets, and prose. It is satirical and engaging, with seriously silly songs, smart banter, and important commentary.

A laugh riot, emphasis on the riot, Shelly Smith has something to say. She is a comedian, a singer, an improv player, a podcaster, and an M.C. "I am a bridge," she claimed. Her resume is overflowing, but she can sum it up in one word: creative. "When I started living here in 2001, my main goal was to be creative." She'd been working 80 hours a week when she realized the one thing she liked about interfacing with the public on the job was the stories. "I was a theater major. I like stories."

Smith has been collecting and recounting stories ever since. "It is stories that make the show," Smith said. She has been performing in Ann Arbor all the while. In 2001, she performed for the first time at her graduation showcase for her stand-up comedy class. She was hooked. "I ran a bunch of comedy showcases from that point on." At the Firefly club she produced comedy for five years before they closed in 2008. She then produced a free weekly comedy night upstairs at OM of Medicine from 2010-2020 until the pandemic closed their shop.

As Improv theater locations were closing up in the area, Smith, along with a fellow fan of the form, David Widmeyer, held auditions to bring the artform back to town. "Over 60 people crowded into this tiny shop," she said, and the Civic Improv Ensemble at Ann Arbor Civic Theater was born. "We had a feeling there was a real need," Smith shared. Quickly they filled the void to house three active improv troupes.

Improvistational theatre, better known as improv, is the form of comedic theatre performed off the cuff, created by the performers spontaneously. In its purest form, the dialogue, action, story, and characters are created on the fly, from the actors' own imaginations with a "Yes and..." rule to further ideas collaboratively.

Improv is alive and well again in Ann Arbor with new opportunities to enjoy or join-in at Hear.Say Brewery + Theater which opened in 2024. With her newly formed troupe 'Micdrop' Smith will bring her improv collaboration to their stages beginning on January 25th. As soon as her busy season simmers down.

Smith has been on a roll. She just completed three sold-out shows as the master of ceremonies for Ebird and Friends Holiday Show at the Ark in mid-December. Smith has been a part of the show for all 18 years and it is evident, with her comfort and commanding presence in that setting. Her effortless humor and charisma bring a familial, lighthearted grace to the evening. Smith initially joined the program as a backup singer. She has been a part of a number of musical acts over the years, most notably as the lead of the Cowgirl Cabaret that took the stage weekly at the Firefly Club. Shelly Smith is meant for the stage.

At the turn of the year, Smith will stage 50 First Jokes at the Ark, again, as she has for the last 10 years. The event was initiated at the Bell House in Brooklyn 20 years ago by John O'Donnel and has spread to 20 cities. "I've known John for over 20 years. He was at my very first show." The format is fast and frenetic, adding to the heart stopping comedy. It is a great way to get to know all the comedians in the area, and to catch their freshly made material for the new year. Smith keeps comedians close. Many have joined her on air, for her Reads and Weeds podcast that will continue in the new year. Since 2017, she has logged nearly 120 episodes of her puffing with funny friends while reading something fun.

Such is the life of a creative. It seems like a lot to keep track of, but as she stood back, she saw a lot of patterns emerging. Her comedy life and her work life were echoing a few themes. It is from those patterns that her one woman show took shape. Smith shared her material at Fem Feedback. Started by Lisa Green, Vivian Burgette, and Julianna Loera-Wiggins, the all-woman showcase invites helpful inputs from a supportive audience of other female and trans comedians. "I realized that so many of my jokes were tech jokes about the most relatable frustrations of being left on hold," Smith said. "As I was struggling with my ink jet to print out my act the struggle became the act." She laughed. "Instead of trying to work around the problems I made the show about the problems!" Everyone can relate. "Tech advancements are supposed to be helpful, instead they are just sucking the life out of me." Shelly Smith is a devout activist against the proposed data centers in the area. "They do not bring jobs. They take jobs, while messing with the environment of the planet and our lovely little farmland in Saline. And to what end do we need this industry at all? A resource sucking behemoth, with an all-day hum on 500 acres of virgin land," she shared the sentiment on her Instagram page. "They loaded things into our life that use data we never needed in the first place. And then we have to rent it back from them."

She wrote a song about it. The music, lyrics, and visions came to her in meditation. Smith brought a draft to her friend Jennifer Graham Phelps, professor of theater at EMU, with experience shaping acts for the Edinburgh Fringe Festival. "She was the right person to talk to," Smith affirmed. "She helped to nudge the weird along."

"I got to know the characters as I found their costumes," Smith shared. Claire Broderick, owner of This, That, and Odder Things in Ypsilanti opened her costume closet. As the music cue begins and the spotlight illuminates Shelly Smith on the intimate stage, her many internal characters find their voice, in song and sentiment, in wigs and sequins, with sincerity, and silliness. And it is like nothing you have seen before, but it is exactly what we are all thinking. "It occurred to me, my one-woman show actually takes a village of up to 35 talents combined. Too many to mention," Smith laughed. "And it all takes place while I am 'On Hold'."

Catch Shelly Smith's One Woman Show "On Hold" At the Dreamland Theater in Ypsilanti January 9th and 10th with ticket information here: <https://www.eventbrite.com/e/on-hold-a-show-round-2-tickets>

[And Follow Shelly Smith's every act through her Instagram link here @theshellbellshow.](#)

[You can join for 50 First Jokes at this link https://theark.org/event/50-first-jokes-260102/](https://theark.org/event/50-first-jokes-260102/)

[And join her cause at stopsalinedatecenter.org.](https://stopsalinedatecenter.org)



THE CRAZY WISDOM CALENDAR

which enhances the spiritual connection. Arrive 15 minutes early. Doors will be locked at 2:15 pm. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Shamanic Journeying Circle with Judy Liu Ramsey • Thursday, January 8 & 22, February 5 & 19, March 5 & 19, April 2 & 16 • 7 to 8:30 p.m. • Explore your inner world, do your inner work in a community of practitioners who will welcome and support your process. Required: shamanic journeying skill. Class is online via Zoom. First journey circle is free. \$25 per session or \$40 per month. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Shamanic Animal Communication with Judy Liu Ramsey • Tuesday, January 13, 20, & 27, February 3, 10, & 17 • 7 to 9:00 p.m. • 6-week session. Learn the difference between telepathic and shamanic animal communication and how to apply the best of both in an integrated way. Join us for this deeply spiritual exploration of communication. Knowledge of telepathic communication not required. Optional mentoring sessions are offered with this class on Mondays following. Class is online via Zoom. \$350/\$175 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

A Shamanic View of Death & Dying with Judy Liu Ramsey • Saturday, January 17 & Sunday January 18 OR Saturday, February 21 & Sunday, February 22 • 9:00 a.m. to 4:00 p.m. • Traditionally, shamans prepared the dying for a good death, escorted the souls of deceased to ancestors, and helped those left behind. Learn shamanic ways to companion end-of-life. Prerequisite: Soul Retrieval training and shamanic journeying skills. Advanced skills class. Limit 6 persons. Online via Zoom. \$440/\$220 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, January 24 & Sunday, January 25 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is an easy and powerful tool to access spiritual information. You will meet a compassionate spirit or power animal who wants to help you in your life. Learn techniques for empowerment, allowing you to move safely, intentionally in a balanced way. This class is prerequisite to advanced shamanic studies. Online via Zoom. \$180/\$90 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Shamanic Personal Safety: Creating Sacred Protected Space with Judy Liu Ramsey • Saturday, February 7 • 9:00 a.m. to 4:00 p.m. • Learn techniques for creating sacred space, and why energy hygiene is critical in shamanic work. The class will be taught online via Zoom. \$90. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.
Medicine for the Earth: Healing with Spiritual Light with Judy Liu Ramsey • Wednesday, March 4, 11, 18, & 25, April 1 & 8 • 7 to 9:00 p.m. • 6-week session. Explore the depth of your own inner light and connection with all relations. Transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. Learn how to heal yourself, your community and your environment. Suggested reading: *Medicine for the Earth* by Sandra Ingerman. Class is online via Zoom. \$440/\$220 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Shamanic Gardening with Judy Liu Ramsey • Saturday, April 11 • 9:00 a.m. to 4:00 p.m. • From vision to harvest, take steps to manifest your life dreams and goals through shamanic gardening. Learn how to work with blocks and challenges so that everything contributes to your growth and synchronizes with your own pace and flow. The class is taught via Zoom. \$160/\$80 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Introduction to Journeying with Connie Lee Eiland • Sunday, April 12 • 10:00 a.m. to 5:00 p.m. • 6 hr. class includes power animal retrieval and journeys to upper, lower, and middle worlds. Journeying is done with drums and rattles. \$100 until March 28, then \$125. For more information contact Connie at (248) 809-3230, email clshebear7@gmail.com, or visit shamanicteachers.com.

Ancestors: The Power Within with Judy Liu Ramsey • Saturday, April 25 & Sunday, April 26, • 9:00 a.m. to 4:00 p.m. • Ancestors can be powerful allies in your practice and healing our ancestral lines can help us heal ourselves and our families. Deepen your connection with the grandmothers and grandfathers

in ceremony, in initiation, and in the shamanic journey. Prerequisite: basic journeying skills. The class will be taught online via Zoom. \$220/\$110 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Spiritual Development

Sufi Gathering • Ongoing Tuesdays • 7 to 8:00 p.m. • An evening of discussion and Sufi chanting on Zoom. For more information visit interfaithspirit.org.

U-M OLLI 6-week Study Group:
Self-Inquiry as a Spiritual Practice
starts Jan 26



Julie Endress
Diamond Approach® Teacher
Ann Arbor, MI
Julie.endress@gmail.com
503-753-7959



Humans: Divine Co-creators in the Cosmos with Barbara Brodsky, Aaron, Colette Simone, & Yeshua • Saturday, January 17, March 7, & April 18 • 11:00 a.m. to 3:00 p.m. • An introduction to deepening our understanding of the vastness of the multidimensional cosmos and how we can begin to bring the gifts of the human to this inter-cosmos collective. Expanding on this foundation, exploring co-creation, and the role humans are gifted and challenged to play on expanding positive polarity in the multiverse. Suggested donation: all workshops: \$90-\$330; single: \$30-\$110. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Self-Inquiry as a Spiritual Practice with Julie Endress • Monday, January 26, February 2, 9, & 23, March 2 & 9 • 10:00 a.m. to Noon • Ever tried meditation or wondered

what is meant by "inner work?" Discover your rich inner landscape through a modern spiritual practice of inquiry. We work to awaken and explore what gets in the way of your deeper personal truth. In the process you are liberated from negative self-talk or the weight of other's judgments. The meditation, talks, and inquiry exercises in small groups are guided by teachings from *The Unfolding Now: Realizing Your True Nature through the Practice of Presence* by

**FINE ART
BY
CHRIS NORDIN**
Metal - Glass - Wood
Custom Works
RESIDENTIAL
HEALTHCARE
CORPORATE
HOSPITALITY



GALLERY HOURS:
Thur 12 - 4 pm
Fri 12 - 4pm
Sat 10 - 4pm

117 E Ann St Ann Arbor MI 48103
www.chrisnordinstudios.com
By appointment: rita@chrisnordinstudios.com

A.H. Almaas. All are welcome. \$60 through OLLI at U-M. Located at the First Presbyterian Church: 1432 Washtenaw Avenue, Ann Arbor, MI 48104. For more information contact Julie at (503)753-7959 or email julie.endress@gmail.com.

Healing and the Ever Healed: Workshop with Barbara Brodsky, Aaron, John Orr, Colette Simone & Tavis Taylor • Sunday, February 1 through Friday, February 6 • The healing that we seek as a world and individually, is accessible if we know how to open to it. Opening to the ever-healed, spiritually, physically, emotionally, personally, and universally, is the focus of this workshop. Suggested donation: \$150-\$600. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday, March 21 & Sunday, March 22 OR Saturday, March 28 & Sunday, March 29 • 9:30 a.m. to 4:30 p.m. • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No prerequisites. \$295. For more information contact Steven at (517) 295-3477, email steven@spiritualtao.com, or visit spiritualtaoworkshops.com.

www.beyond1111.com

Reconnect to your truest source of power with
New Paradigm Expert Todd Stockwell

Tap into your brilliance, creativity, passion, joy and drive beyond what you thought was possible.



Master Teacher Todd Stockwell is a foremost expert on the evolution of Human Consciousness and the New Paradigm, which is happening right now on the planet. He is an expert at helping companies and individuals reach goals that were unreachable and even unimaginable, and he is here to help you, too!

Transform Your Life Today!

"I had no idea what to expect with the White Buffalo Ceremony. You have to experience this. Every time it is more beautiful, more fun and greater connection. This is true oneness. This is a must." - R. J., CA

"I was sick and dying, the doctors gave me a month to live, I was numb and hopeless. I walked into a restaurant and a flier dropped into my hand. I have no idea where it came from. It was for Master Teacher and Miracle Maker Todd Stockwell. My cancer is gone and I now help others heal. The 12 Levels of En Sof and Beyonder 1 cleared my illness and helped me find out how powerful I truly am. Thank you Todd, I am able to kiss my grandkids and help them find their way because of the completely unorthodox and the most powerful work on the planet that you provide. I have found my way. I never had to leave my home to do the work, just some phone sessions, wow, you are the best!" -T.W., New York, NY

Experience this Powerful Work!

Call (734) 740-9110 www.beyond1111.com
powerbeyond888@gmail.com

Stress Management

Get to Bed Challenge with Debra Hopper • Thursday, January 22, 23, & 24 • 8 to 8:45 p.m. • Ready to stop scrolling and start sleeping? Join Certified Embodiment Coach Debra Hopper for a 17-day sleep reset combining three live "wind-down" evenings with a guided 14-day follow-through. Daily reflections, gentle accountability, and practical tools help you unwind, restore rhythm, and finally get the rest you've been craving. From \$77. For more information email Debra at hello@debrahopperonline.com.

How to Get Along Better with Yourself & Everyone Else with Barbara Bowman • Friday, February 13 • 11:30 a.m. to 1:00 p.m. • Use self-knowledge to learn how to make peace with yourself and extend the olive branch to everyone else. Learn how to use HeartMath techniques to reduce stress in the moment. Bring your lunch and get ready to learn. FREE. Contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Sustainable Living Skills

Wintership: Natural Building Training Program • Begins Wednesday, January 7 • 10:00 • a.m. This unique month-long Natural Building Program at Strawbale Studio includes room & board, 4 weekend workshops, plus classes & hands-

Resources for Conscious Living

BEP Medical Group

Integrative Functional Medicine
Dr. Marcie MD PhD

- Healthy Aging
- Hormone Support
- Brain Optimization
- Manual Lymphatic Drainage
- Light Therapy
- Chronic Pain
- Environmental Illness
- Diet & Nutrition

3045 Baker Rd
Suite I / Suite K
Dexter, MI 48130
(734) 215-5643
www.bepmedicalgroup.com





Uproot fear from your thoughts, gain clarity, heal wounds and unlock a deeper sense of peace and purpose in your life.

Counseling & Inner Healing
Mindset & Life Coaching
Certified Pickleball Coach

Keri Warren, PhD, DMin, LPC
keri@risereset.coach
734.838.4716
risereset.coach



•Artist Designed and Made Swaddle Blankets for Baby
•Handmade Waldorf Dolls•
•Sewing & Embroidery Patterns•
•Illustrated Bible Verse Cards•
•Cards, Stickers, and more!•

littlelionroar.com

big gospel & big fun for little cubs

The Crazy Wisdom Monthly, January 1, 2026
on training: Design, Foundation, Round Pole, Thatched/Living Roofs, Strawbale & earth plaster wall systems plus access to the resource library. Wooded rural land one hour north of Detroit. For more information contact Deanne Bednar at ecoartdb@gmail.com, or (248) 496 4088. or visit the website, strawbalestudio.org.

Roof Thatching Workshop with Deanne Bednar Saturday, January 10 and Sunday, January 11 9:30 a.m. Explore this beautiful, ecological, and long-lasting roof system using Phragmite reed grass. Tour thatched buildings, Demo & hands-on thatching on an inside small frame, videos and reed harvesting! \ Deanne learned basic techniques from a Danish Master Thatcher & has thatched 5 small buildings. Online handouts. For more information contact Deanne Bednar at ecoartdb@gmail.com, or (248) 496 4088. or visit the website, strawbalestudio.org./events.

The Basics of Round Pole Framing with Deanne Bednar • Saturday, January 17 and Sunday, January 18 • 9:30 a.m. • Learn hands-on basics and principles of constructing round pole framing for a small structure! Tour thatched roof & round pole structures on site, harvest wood, use hand tools: draw shave, chisel, saws ~ create a small team project using several types of notching. E-handouts. For more information contact Deanne Bednar at ecoartdb@gmail.com, or (248) 496 4088 or visit the website, strawbalestudio.org.

Fire! Rocket Stove & Earth Oven Workshop with Deanne Bednar• Saturday, January 24 and Sunday, January 25 • 9:30 a.m Create useful heat efficiently from local materials! See+fire up: Rocket Stove, Earth Oven, Rumford Fireplace. Principles, design. e-handouts. Hands-on brick mock-up of Rocket Stove combustion unit, construct 1/4 scale Earth Oven model. Join us for an Earth oven pizza meal! For more information contact Deanne Bednar at ecoartdb@gmail.com, or (248) 496 4088. or visit the website, strawbalestudio.org./events.

Earth Plaster & Sculpting with Deanne Bednar • Saturday, January 31 • 9:30 a.m. Learn the joy of natural earthen plasters in a variety of applications! Beautify + naturalize your existing dwelling, future building, or make sculptures. Tour buildings, identify, test, mix local subsoil. Apply plaster and sculpt! For more information contact Deanne Bednar at ecoartdb@gmail.com, or (248) 496 4088 or visit the website, strawbalestudio.org.

Tai Chi, Martial Arts, and Self Defense

Learn Shinobi Ninjitsu with Grand Master Farooq Azizuddin • Ongoing Saturdays & Sundays • Noon to 2:00 p.m. • You have the right to defend yourself from looters, criminals, personal attacks, lack of water, blackout, etc. \$40 per month. For more information contact Farooq at (313) 215-0294 or visit nakanomartialarts.com.

Qigong class with Samatha Cyrus Scholl • Ongoing Mondays • 6:30 to 8:00 p.m. • The class teaches you to use gentle movements, stretching, and mindful breathing to bring your body, mind, and spirit deeper into harmony. \$12 per drop-in session. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Chen Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays, & Saturdays • 4 to 5:00 p.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stance training, coiling exercises, and Chen forms. FREE. For more information contact Joe Walters at annarbortaiichi@gmail.com or visit annarbortaiichi.com.

Adult Self Defense with Lynda Gronlund • Sunday, January 11, 18, 25, February 1, 8, & 22 • 1 to 2:00 p.m. • Learn crucial self-defense skills from prevention and de-escalation to escapes, resistance, and fighting back when all else fails. No experience needed, techniques can be adapted to all fitness and ability levels. \$75 for all 6 classes. For more information contact Lynda at (248) 739-0841, email annarborpkas@gmail.com, or visit pksaannarbor.com.

Silk Reeling Qigong: Chi Kung with Joel Robbins • Thursday, January 15, 22, & 29, Feb 5, 12, & 19 • 7 to 8:00 p.m. • Cultivate spiraling energy through gentle, flowing movements that promote relaxation and coordination. Silk Reeling Qigong forms the foundation of Tai Chi, teaching you to move with natural, effortless power. The class is for students of all ages and experience levels, those new to Tai Chi and Qigong, and those wanting to deepen their practice. \$125 for the 6-class session. For more information contact Joel at (734)315-0573, email joel.innerculture@gmail.com, or visit patreon.com/InnerCulture.

Tea Events

Quiet Beginnings: A New Year Tea Ritual with Courtney Fitzpatrick • Sunday, January 4 • 2 to 4:00 p.m. • We'll take time to reflect on the sacredness of the New Year in this gently quiet, reflective space. We'll have ample time to share and gather while tuning into the ancient wisdom of tea. Join us for a deepening of one's connection to nature, to self, to the stillness of the mind, and to community. \$45. For more information contact Courtney at (734) 436-1373, email courtney@veraposeyoga.com, or visit veraposeyoga.com.



MAKE CAT POSE COUNT

for homeless kittens in Ann Arbor

YOGA with CATS

Thursday evenings & Sunday mornings



ALL LEVELS WELCOME!



SCAN HERE

to join the next session

GIFT CARDS AVAILABLE!

5245 Jackson Rd, Ann Arbor, MI 48103 734.661.3530 TINYLIONS.ORG

Theater

Kayak by Jordan Hall with Theatre NOVA • Weekends from Friday, January 30 to Sunday, February 22 • Friday from 8 to 9:30 p.m., Saturdays from 3 to 4:30 p.m. OR 8 to 9:30 p.m., & Sundays from 2 to 3:30 p.m. • A doting suburban mother, Annie Iversen is blindsided when her son, Peter, falls in love with Julie, a passionate environmental activist. Desperate to protect her son from what she sees as a reckless path, Annie, stranded in her son's old kayak, recounts her story and fights to hold on—until the danger she feared finds her instead. \$30 general, \$25 for 65 and over, \$15 for students with ID. For more information contact Theatre NOVA at 734-635-8450, email a2theatrenova@gmail.com, or visit TheatreNOVA.org.

Reach for the Stars—a Musical Cabaret with Theatre NOVA • Friday, February 27 at 8:00 p.m., Saturday, February 28 at 3:00 p.m. AND/OR 8:00 p.m., & March 1 at 2:00 p.m. • Reach for the Stars is Theatre NOVA's dazzling musical cabaret fundraiser, celebrating hope, ambition, and the power of community. Join us for an inspiring performance of songs and stellar performances—all to support the innovative, inclusive theatre you love. \$25-\$2500. For more information contact Theatre NOVA at 734-635-8450, email a2theatrenova@gmail.com, or visit TheatreNOVA.org.

The JonBenét Game by Tori Keenan-Zelt with Theatre NOVA • Weekends from Friday, March 27 to Sunday, April 22 • Friday from 8 to 9:30 p.m., Saturdays from 3 to 4:30 p.m. OR 8 to 9:30 p.m., & Sundays from 2 to 3:30 p.m. Rae returns to her hometown as a school counselor after the death of her childhood best friend, Molly. When Molly's 12-year-old daughter, Hazel, comes to her, the two slip back into the secret JonBenét Ramsey game Rae and Molly once played—stirring buried grief and blurring the line between past and present. \$30 general, \$25 for 65 and over, \$15 for students with ID. For more information contact Theatre NOVA at 734-635-8450, email a2theatrenova@gmail.com, or visit TheatreNOVA.org.

Work and Right Livelihood

Free Focus Café with Debra Hopper • Thursday, January 8, 15, 22, & 29, February 5, 12, 19, & 26, March 5, 12, 19, & 26, April 2, 9, 16, 23, & 30 • 10 to 11:00 a.m. • Need help getting things done? Drop in for this weekly virtual co-working hour combining body-doubling and mindful focus. Certified Embodiment Coach Debra Hopper hosts the Free Focus Café every Thursday morning — a steady rhythm of shared presence and gentle structure to help you

finish what matters with less stress and more flow. FREE. For more information contact Debra at hello@debrahopperonline.com.

Writing and Poetry

Write & Heal with your Favorite Childhood Book: 4-Week Series with Julie Mariouw • Wednesday, January 7, 14, 21, & 28 OR April 8, 15, 22, & 29 • 4 to 6:00 p.m. • All levels of experience are welcome. Writers read their favorite childhood books, then write to prompts: i.e. write with a character, become a character, etc. Invitation to share aloud and receive positive feedback. Join us to create healthy community through shared imagination. \$180 for 4-week series. For more information contact Julie at (734) 730-6175, email julie@wellspringwritingworkshops.com, or visit wellspringwritingworkshops.com.

Write & Heal with your Favorite Childhood Book: 8-Week Series with Julie Mariouw • Thursday, January 8, 15, 22, & 29, February 5, 12, 19, & 26 • 6:30 to 8:30 p.m. • All levels of experience welcome in this 8-week online workshop. The story of your favorite childhood book is a template for your healing and creative growth. Write to prompts: i.e. become a character, add a new twist, etc. Invitation to share aloud and receive positive feedback. Join us online to create community through shared imagination. \$240. For more information contact Julie at (734) 730-6175, email julie@wellspringwritingworkshops.com, or visit wellspringwritingworkshops.com.

Crazy Wisdom Poetry Circle Poetry Workshop with David Jobson, Ed Morin, & Lissa Perrin • Wednesday, January 14, February 11, March 11 & April 8 • 7 to 9:00 p.m. • On the second Wednesday of the month, we hold an informal poetry workshop. You are encouraged to present a poem you are working on for positive and constructive comments by your peers. Workshops are held online via Zoom. FREE. For more information email cwpoetrycircle@gmail.com visit cwcircle.poetry.blog.

Write & Heal with your Favorite Fairytale: 4-Week Series with Julie Mariouw • Wednesday, February 4, 11, 18, & 25 • 4 to 6:30 p.m. • All levels of experience are welcome. Writers choose their favorite fairytales, then write to prompts: i.e. write with a dragon, become a princess, etc. Invitation to share aloud and receive positive feedback. Join us to create healthy community through shared imagination. \$180 for the 4-week series. For more information contact Julie at (734) 730-6175, email julie@wellspringwritingworkshops.com, or visit wellspringwritingworkshops.com.

Joy in Embodied Journaling with Debra Hopper • Sunday, February 15, March 15, & April 19 • 1 to 2:30 p.m. • Give your writing a heartbeat. In this 90-minute online workshop, Certified Embodiment Coach Debra Hopper blends mindfulness and movement to help you write from your body, not just your head. Offered monthly, these sessions build a gentle rhythm of reflection and creative flow—no perfection required. \$20. For more information contact Debra at hello@debrahopperonline.com.

Hybrid Writing Workshops with Tarianne DeYonker • Saturday, April 11 • 1 to 4:00 p.m. • In this creative writing workshop we'll look at options that encourage us to show up and write more regularly. Do you know what that would take for you? Creating accountability links, joining (or creating) a writing community, and other options. Beginning and experienced writers are welcome. \$35, registration required. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Yoga

Yoga at Zion Well • See Website for Schedule • Zion Well offers a variety of classes, including gentle, restorative, Yin, and meditative yoga. For those looking for more, they also offer retreats, private sessions, and teacher training courses—the next beginning in February. For more information visit zionwell.com.

The Prana Yoga Studio • See Website for Schedule • The studio offers traditional Bikram (hot) yoga as well as Yin Yoga. For more information visit thepranayogastudio.com

The Yoga Focus Collective • See Website for Schedule • This studio offers a wide variety of classes, ranging from supported beginners, levels 1-4, Pranayama, and pre/postnatal classes. Individual drop-in class: \$25; 6-week session: \$132; 6-week Pranayama: \$90; Pranayama drop-in class: \$18; Pre/Postnatal Packages: 5 for \$110, 10 for \$200. For more information visit yogafocuscollective.com.

Imagine Fitness & Yoga • See Website for Schedule • The studio provides comprehensive classes in cardio, strength, tai-chi, Pilates, Vinyasa, Ashtanga, Yin, and Hatha yoga. Private training is also available. For more information visit imaginefitnessandyoga.com.

Open Level Yoga with Michele Bond • Ongoing Sundays from 4 to 5:30 p.m., Tuesdays from 6 to 7:30 p.m., & Saturdays from 10 to 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Classes are designed to optimally benefit each student, with myofascial release

Transforming Our Deepest Patterns Into Inner Peace, Joy, and Wholeness

CORE TRANSFORMATION **THE WHOLENESS WORK**

Tchera Niyego
Certified Core Transformation & Wholeness Work Practitioner

SCHEDULE A FREE DISCOVERY CALL
tcherina@usa.net 734-277-2126



Embodiment Meditation
& INTRODUCING **Kundalini Counseling**
*PRIVATE & GROUP SESSIONS

VOCAL COACHING

1st SUNDAY OF THE MONTH KIRTAN
@ the Studio & Online
*Donation

FOR MORE INFORMATION
ChrisMcCallVoiceandMeditation.com

SING ANN ARBOR
206 S. Main St. #218 Ann Arbor, MI
313.820.8364



Missed the calendar deadline for the winter issue of The Crazy Wisdom Community Journal? You can still submit to The CW Monthly calendar and have your event posted to our online calendar as well. Learn more here:

[Submit my Event Listing](#)



THE CRAZY WISDOM
CALENDAR

techniques incorporated as needed. \$15 if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, mobility, balance, and mental focus with this fun and energetic practice. Classes are designed to optimally benefit each student, with myofascial release techniques incorporated as needed. \$15 if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Hatha Yoga with Samantha Lieberman • Ongoing Thursdays • 9:15 to 10:15 a.m. • Grounded, breath-led movement that builds strength, balance, and calm from the inside out. Drop-in \$18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga Stretch with Samantha Lieberman • Ongoing Fridays • 9:15 to 10:15 a.m. • A full-body reset with intentional stretching to release tension and move with more freedom. Drop-in \$18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Golden Lotus Hatha Yoga with Golden Lotus Yoga Teachers Association • Ongoing Saturdays • 2 to 3:30 p.m. • Golden Lotus Yoga, created by Paramahansa Yogananda's disciple Yogacharya J. Oliver Black, offers slow-paced, gentle, meditative classes for every level. Each class weaves in brief meditations and spiritual guidance, helping you experience peace, clarity, and a renewed sense of inner well-being. Please call to confirm times and dates as they occasionally change. Donation-based. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org

Hatha Yoga with David Black • Tuesday, January 6, February 17, & March 31 • 6:30 to 8:00 p.m. • Offered in three six-week sessions; start dates listed above. Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. Cost is \$60 for all six sessions or \$12 per drop-in class. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Peaceful Dragon Rising Qigong Warm-Ups with Master Wasentha Young • Monday, January 12, 19, & 26, February 2, 9, & 16 • 8 to 8:40 a.m. • Here's a wonderful way to start the week. During these sessions you will learn 15 Qigong (energy work) stretches from head to toe. Designed by Master Wasentha Young, these easy to learn routine helps to loosen joints and relax muscles. She uses this routine at the beginning of all her classes. In addition, participants will learn some basic self-acupressure and meditation. \$90. Located at 1945 Pauline Boulevard., Suite B, Ann Arbor, MI 48103; down a flight of stairs, no elevator access. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Yoga for Healers: Trauma Informed Somatic Yoga with Leslie Pertz • Sunday, February 8, 15, & 22, March 1, 8, 15, 22, & 29, April 5, 12, & 26 • 10 to 11:00 a.m. • Gentle yoga for anyone who is a healer—a person who works in the world of mental/healthcare. Come rest your weary heart. Pay what you can. For more information contact Leslie at (734) 926-8590, email peachtreeyogami@gmail.com, or visit peachtreewellnessmi.com.

Valentine's Day Partner Yoga with Courtney Fitzpatrick • Friday, February 13 • 7 to 8:30 p.m. • Bring a partner (significant other, family member, friend) to celebrate Valentine's Day with someone you love in this lighthearted partner yoga class. Give your loved one a gift of your undivided attention, support, and love while we move together. Of course, we will enjoying some delectable sparkling cider and chocolate! \$50. For more information contact Courtney Fitzpatrick at (734) 436-1373, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

Lunar Reset: A New Moon Flow & Circle with Courtney Fitzpatrick • Sunday, February 15 • 3 to 5:00 p.m. • Join Courtney for this special offering, which blends gentle yoga and movement, storytelling, as well as ample time for sharing/connecting and contemplation. The New Moon is an opportunity to heal, grow, and create space for a more aligned and authentic life. \$40. For more information contact Courtney Fitzpatrick at (734) 436-1373, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

Voices of this Region's Conscious Living Community
Videocast Interviews on crazywisdomjournal.com

View complete interviews from Crazy Wisdom's Salon Series —
The Sages of Ann Arbor — as well as other interesting and informative interviews with community leaders.
Interviews newly posted are with Dr. Dennis Chernin, Lisa Gottlieb, Dr. Jay Sandweiss, and Demo Rinpoche.
These public “conversations” in the Crazy Wisdom Lounge are moderated by Bill Zirinsky,
longtime Editorial Director of the *Crazy Wisdom Community Journal*.
Check back as new interviews will be posted periodically!



Demo Rinpoche, a Tibetan Buddhist monk and incarnate lama, leads Jewel Heart, the Ann Arbor-based Tibetan Buddhist Center, recognized nationally and internationally as a center of Buddhist teaching. Demo Rinpoche has spent most of his life studying in monasteries in India with thousands of other monks, and under the Dalai Lama's direct supervision.



One of the wise men of integrative medicine in this region, Dr. Dennis Chernin (and Dr. Lev Linkner) founded the Parkway Center, the original and pre-eminent clinic for practitioners of complementary, holistic, and integrative medicine in Ann Arbor. Dr. Chernin now offers Homeopathic, Holistic and Preventive Medicine Consulting.



One of Ann Arbor's modern-era renaissance women, Lisa Gottlieb has been a leader in the community for decades. In recent years she's been deeply involved in Nonviolent Communication, as a certified trainer, and as the Founder and Director of Compassionate Communication of Ann Arbor.



Physician and skilled raconteur, Dr. Jay Sandweiss is one of the best-known and most respected integrative physicians in the region. Dr. Sandweiss is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine, and board certified in medical acupuncture by the American Board of Medical Acupuncture.

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here's a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Practice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation
and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Breathe Yoga
Community Farm of Ann Arbor
The Corner Cup Cafe
Triple Crane Monastery
Verapose Yoga
White Lotus Farm & Tsogyelgar

Jackson & Lenawee County:

Divine Sanctuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

Ashes in Art Glass
Ann Arbor Public Library
Argus Farm Stop
Balance Point Fitness
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
Crazy Wisdom Bookstore
El Harissa Market Cafe
Enlightened Soul Center
Healing Hands Physical Therapy
Jewel Heart
Kerry Town Market
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Coffee
Oz's Music
Peaceful Dragon School
Red Yoga
Roos Roast Coffee
Schuler's Books
Sweetwater's Cafe
Thrive Wellness Center
Twisted Things
Washtenaw Community College Student Center
Wine Wood Organics

**Now delivering to spots in Brighton, South
Lyon, and Royal Oak too!**

Until one has loved an animal, a part of one's soul
remains unawakened.

—Anatole France

